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## Slight rise in rates of violent, property crimes

**STATS** Police say the overall crime rate held relatively steady in the Halifax area in 2009, but violent crime and property crime rose slightly.

Statistics releases yesterday say there were 11 homicides, 26 attempted murders and a slight increase in assaults and robberies last year. Property-crime figures jumped by six per cent, led by theft and break and enters.

Halifax Regional Police and RCMP chiefs say they are confident they are using the right combination of enforcement and outreach to fight crime.

THE CANADIAN PRESS

## News on the Move

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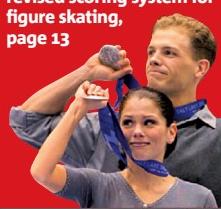
SCANLIFE

## Vancouver Games

### Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — Controversy at Salt Lake Games leads to revised scoring system for figure skating, page 13



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[halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



Yarmouth MLA Richard Hurlburt answers questions about last week's auditor general's report at a press conference on Thursday. Hurlburt is listed as buying a \$2,499 40-inch LCD TV and spending \$579 on installation charges. More coverage, page 4

# Secret spenders outed

MLA Richard Hurlburt expensed thousands on LCD TV

**PAUL MCLEOD**

paul.mcleod@metronews.ca

\$8,000 for a generator installed in his home. At first he refused to apologize and said it was for community use, but later backed down and repaid the full amount.

He neglected to mention the TV was also his.

Yesterday, Speaker Charlie Parker, under direction from Premier Darrell Dexter, released the auditor general's list of names tied to the document.

Hurlburt was one of two politicians outed yesterday who hid that their expenses were red flagged in a report last week by auditor general Jacques Lapointe.

Last week, Hurlburt fessed up to spending

about the TV but said it wasn't mentioned last week because it wasn't deemed "inappropriate" like the generator. Instead, it was flagged as "excessive" and Casey said they were seeking clarification.

The list also reveals former Tory fisheries minister Ron Chisholm was mentioned twice, for expensing a \$750 GPS system and \$1,274 in Internet bills.

Chisholm had not come forward despite being contacted by the Tory party.

Yesterday, Dexter had the list released after he

apologized for his own questionable spending — \$5,501 for two laptop computers and \$2,150 for a digital camera.

Hurlburt stood beside Casey Thursday as she was asked: "Your party was not responsible for any of the other excessive payments that were identified by the auditor general?"

Casey responded: "The Speaker's office contacted my office to say that there was one member of our caucus who was identified in that letter, and that one member was Mr. Hurlburt."

## North Preston death ruled homicide

**MONIQUE MUISE**

[monique.muise@metronews.ca](mailto:monique.muise@metronews.ca)

**CRIME** The 20-year-old man found dead in a home in North Preston on Sunday was murdered, RCMP said yesterday.

Police have identified the victim as Casey Marleen Downey, but are still not saying how he died.

"After further investigation, the Major Crime Unit felt that they should be treating this as a homicide," said RCMP spokeswoman Const. Tamu Bracken. "Investigators believe this is an isolated incident."

Downey's body was discovered Sunday morning inside a modern, three-storey home on Downey Road after police responded to two separate 911 calls shortly before 6:30 a.m.

Bracken said several people were inside the residence when the officers arrived, and have since been questioned by members of the RCMP's Major Crime Unit. As of yesterday, no suspects had been identified in the case and no arrests had been made.

A Facebook memorial page has been set up for Downey, and had amassed 130 members by midday yesterday.

The killing is the latest in a string of violent incidents in North Preston since October. The last one occurred in early December, when 19-year-old man was taken to hospital with non-life-threatening injuries after he was shot in his vehicle on Cain Street.

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# Local



## Home sales expected to rise

The Canadian Real Estate Association is predicting home sales in Nova Scotia to be up 13.8 per cent in 2010. A revised forecast released yesterday predicts sales will hit 11,400 in 2010 and then level off in 2011. The CREA anticipates a similar growth this year across the country due to lower interest rates and buyers motivated to avoid HST hikes that will come into effect in Ontario and B.C.

METRO HALIFAX

# Thousands raised for Haiti

Plaskett, Trailer Park Boys help rake in \$135K for Canadian Red Cross

ALEX BOUTILIER  
Metro Halifax

### Haiti Crisis

An estimated 6,300 people piled into the Metro Centre last night to listen to some of Halifax's best-known artists do their part for Haiti.

The Halifax for Haiti event ended up raising \$135,000 to aid the Canadian Red Cross in their efforts to help the troubled nation rebuild in the wake of January's massive earthquake outside Port-au-Prince.

The evening featured something for everyone — straight-up rock n' roll from Matt Minglewood, a folksy banjo tune from Old Man Luedecke, hip-hop from Classified, even a classical rendition of Bohemian Rhapsody from Rhapsody Quintet.

The event also drew



Dartmouth's Joel Plaskett sings his song Love This Town with the help of dozens of performers in the Halifax for Haiti benefit concert at the Metro Centre last night. The concert raised \$135,000 for the Canadian Red Cross.

Ricky, Julian, and Bubbles, of Trailer Park Boys fame. After Bubbles clarified to Ricky that the money

raised was not actually for them, the infamous Boys sold hotdogs — hotdogs for Haiti — at \$10 a pop to

fans on stage. Bubbles later sold the barbecue, which turned out to be a rental, for \$50.

Local indie legend Joel Plaskett headlined the show. He said that while Halifax on its own may seem small, the event was contributing to a larger, inspiring picture.

"It sounds corny but it's true how a bunch of people can pull together in small ways to create something bigger," he said.

Playing with some of Nova Scotia's biggest names was also a lot of fun for the artists, according to Plaskett.

"Doing something positive in the face of something so tragic is what everybody is here to do," said Plaskett. "And if means get together and try to have a good time and to celebrate, while in the back of our minds knowing what we're doing it for, I think that's a good thing."

In a move that fit the mood of the evening, Plaskett chose to close out the night with his anthem Love this Town.

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THURSDAY'S NETWORKING TEAM

### Police seeking robbery suspect

**FUGITIVE** Digby RCMP are seeking the public's assistance in tracking down Aldean Allston Cromwell, 21.

Cromwell failed to appear in Supreme Court on Jan. 19, where he was to face a robbery charge. As a result, the RCMP have issued a Canada-wide warrant for his arrest.

Cromwell is described as black with brown hair and brown eyes. He is approximately six feet tall and weighs approximately 130 pounds.

METRO HALIFAX

# Teen's murder case postponed

MONIQUE MUISE  
[monique.muise@metronews.ca](mailto:monique.muise@metronews.ca)

**COURTS** The case of a 17-year-old Middle Sackville boy charged with second-degree murder has been adjourned until Friday.

The teen, whose identity is protected under the terms of the Youth Criminal Justice Act, was scheduled to appear in court yesterday morning for election and plea. According to Public Prosecution Services spokesperson Chris Hansen, a judge granted his lawyer's request that the matter be postponed.

For now, the boy will remain in the mental health unit of the IWK Health Centre, where he has been held since his arrest on Friday.

He was reportedly walking naked down the street when he was picked up by police early in the afternoon after officers discov-

ered a body inside a home on Hewer Crescent.

RCMP have identified the victim as 49-year-old Joy Ann Wright of Middle Sackville. Investigators are not saying how she died, or what — if any — relationship she had with the accused.

Police spokeswoman Const. Tamu Bracken confirmed Sunday that a series of motor vehicle accidents that occurred in the area of Hewer Crescent were linked to the events at the murder scene, but would not say if the 17-year-old was behind the wheel of a car before his arrest.

[m.metronews.ca](http://m.metronews.ca)

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### School still closed after break-in

**ALARM** An elementary school in Beaver Bank remained closed for the day yesterday after someone broke into the building over the weekend. Police say someone forced their way into Monarch Drive Elementary on Sunday, triggering an alarm system.

Members of the RCMP responded to the scene and found an open window, said police spokeswoman Const. Tamu Bracken.

"No damage was reported and nothing appears to have been taken," Bracken said in a release.

MONIQUE MUISE/METRO HALIFAX

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**Blogs** Sexcetera checks in with some unique Valentine's Day gift ideas and fashion columnist Kenya Hunt goes style-watching in New York City

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Premier Darrell Dexter and Mayor Peter Kelly will be attending the 2011 Canada Games volunteer recruitment campaign at the World Trade and Convention Centre in Halifax tomorrow. The event will be co-emceed by 2011 Games chair Jean-Paul Deveau and CTV's Starr Dobson. METRO HALIFAX

# Premier promises expenses overhaul

Dexter apologizes, repays government for personal spending questioned in audit

**PAUL MCLEOD**  
paul.mcleod@metronews.ca



**An apologetic Darrell Dexter said yesterday he will overhaul the MLA expense system to regain public trust in the legislature and his government.**

The premier was vacationing in Arizona last week when auditor general Jacques Lapointe's report on misuse of public money was released.

Returning to work yesterday, Dexter announced

his plan to abolish the Internal Economy Board, the group of MLAs who meet in secret and designed the expense rules slammed by the auditor general as being "so ambiguous and so poor" that they enable misuse.

"It's easy, I think, for people to say sorry. I regret these things. The real question is what action are you going to take," he said.

Dexter vowed to have legislation ready by this spring



Dexter

to replace the IEB with an open commission that works in public.

MLAs can expense as much as \$48,434 every year without showing any receipts. Dexter deferred to an upcoming review of expenses when asked if MLAs should be forced to always show receipts.

Liberal Leader Stephen McNeil echoed the call for reform and said his party wants all MLA expenses to

be posted online to allow public scrutiny.

Dexter said he regrets being caught up in the report himself and said he understands why he's become "a lightning rod" on the issue.

His spending of \$5,500 on two laptops and \$2,150 for a digital camera were seen by the auditor general as excessive. Dexter said they were for his constituency office.

The premier also admitted to three incidents of expensing meals on days he was already receiving an \$84 per diem for food.

Two cases involved a business breakfast and dinner hosted by the premier where he did not deduct his \$9 and \$36 bills respectively. In the third instance Dexter said he bought a ticket for a fundraiser he did not attend.

Dexter said he accepts his expenses were outside the norm and has repaid the government for the meals, the laptops and the camera.

**ShareYourViews**  
halifaxletters@metronews.ca

## Malls decry legislation for gift cards

**BAN** Three major shopping centres in Nova Scotia say new provincial legislation makes it impossible for them to continue offering mall-wide gift cards.

On Feb. 1, Nova Scotia became the latest province to ban expiry dates and extra fees on all gift cards — a move the government said would ensure consumers get the full value of the certificates, no matter when they purchased them.

But in a release issued yesterday, representatives from Mi'kmaq Mall, Halifax Shopping Centre and Greenwood Mall said that mall-wide gift cards are issued by major banks, and those banks collect an inactivity fee of \$2.50 per month if a card is not used within 15 months of purchase.

"In order for us to have a gift card that is usable in 160 different stores, we need the support of a credit card network," explained Linda Townsend, marketing director at Halifax Shopping Centre. "Like any bank product, there are fees on it ... and it's the bank that gets those fees."

Townsend said shoppers are told up front about the "dormancy fee," and 96 per cent of the funds on mall gift cards are used before the 15-month deadline, so most consumers are never charged as a result of inactivity.

"Other provinces have seen this and have exempted mall gift cards from the legislation," she added.

**MONIQUE MUISE/METRO HALIFAX**

**Pressure**

- The malls have launched a website ([www.bringbackourmallgiftcards.com](http://www.bringbackourmallgiftcards.com)) to encourage people to contact their local MLA and demand that the rules be revised.

"Meagan Stewart, spokeswoman for the RCMP H-Division, worked with Gallagher for a year before his deployment to Haiti. She describes Gallagher as a down-to-earth man who was always put others first.

"He put everything in common terms, and would just make everybody feel so comfortable," she said. "You could always go to Mark ... he was just a great man, if you want to wrap it

## Friends, loved ones remember 'great man'

**ALEX BOUTILIER**  
for Metro Halifax



**SERVICE** Friends and family, fellow RCMP officers, and colleagues from the media gathered at St. Agnes Church yesterday to remember Sgt. Mark Gallagher, who was killed in last month's earthquake in Haiti.

The service was presided over by Rev. Dr. Cynthia Chenard, RCMP H-Division chaplain. Chenard said she recalled Gallagher's "warm, welcoming way," and his "heart for helping others."

Atlantic Deputy Commissioner Steve Graham also spoke to Gallagher's desire to help others, and of a profound sense of loss felt by the force in his death.

"(Gallagher) was supporting a country in desperate need of help," he said. "And (he was) the kind of individual who steps up in cases such as this."

Gallagher was serving on a UN peacekeeping mission in Haiti when the earthquake struck close to Port-au-Prince on Jan. 12. After two days of searching, Gallagher's body was found amidst the rubble and debris of his building.

Gallagher had been stationed in Haiti since July, 2009. He was scheduled to return to his home province of New Brunswick this April.

Meaghan Stewart, spokeswoman for the RCMP H-Division, worked with Gallagher for a year before his deployment to Haiti. She describes Gallagher as a down-to-earth man who was always put others first.

"He put everything in common terms, and would just make everybody feel so comfortable," she said. "You could always go to Mark ... he was just a great man, if you want to wrap it



Scores of police officers attended a memorial service at St. Agnes Church yesterday to honour Sgt. Mark Gallagher, who was killed in last month's earthquake in Haiti.

up in one word, a great man."

Stewart said that Gallagher's love of the French language and desire to help others made him a

perfect fit for the mission to Haiti.

"He cared so much about other people," she said. "I know that he must have touched many peoples'

lives there, as he did in Nova Scotia."

Gallagher leaves behind his wife, Lisa, and two children, Shane and Heather.

## Speaker releases list of names

Speaker Charlie Parker released a list of names tied to specific MLA expenses questioned by auditor general Jacques Lapointe yesterday for the first time.

### INAPPROPRIATE EXPENDITURES

- Richard Hurlbert claimed \$7,995 for the supply and installation of a generator;
- Dave Wilson claimed \$400 for furniture used in his residence;
- Leonard Preyra claimed \$373 for airfare for his son for a trip to Ottawa; and
- Len Goucher claimed \$150 for the purchase of three MP3 players on the same day.

### TELEPHONE OR INTERNET SERVICES CLAIMS ABOVE MONTHLY ALLOWANCES

- Michel Samson claimed \$1,540 for service from June 2006 to July 2009; and
- Ron Chisholm claimed \$1,274 for service from February 2007 to July 2008.

### CLAIMS FOR EXPENSES PAID TO A RELATIVE DISALLOWED BY THE REGULATIONS

- Wayne Gaudet claimed a total of \$1,260 for parking lot sanding from a company owned by his brother (Gaudet Mini Excavator Limited); and
- Keith Colwell claimed \$252 for pictures purchased from his brother's company (3-D Art & Crafts).

### EXCESSIVE EXPENDITURES

- John MacDonell claimed \$13,445 for custom-made office furniture and \$2,600 for a printer;
- Bill Dooks claimed \$6,234 for website design and programming;
- Darrell Dexter claimed \$5,501 for a laptop computer and \$2,150 for a digital camera;
- Rodney MacDonald claimed \$3,250 for a projector screen and dress kit;
- Howard Epstein claimed \$2,969 for various books;
- Keith Colwell claimed \$2,665 for a projector and \$1,763 for a video camera;
- Richard Hurlbert claimed \$2,499 for a 40-inch LCD television and \$579 for installation charges;
- Charlie Parker claimed \$790 for a model boat office display;
- Judy Streatch claimed \$738 for an espresso coffee maker;
- Ron Chisholm claimed \$750 for a GPS unit.

METRO HALIFAX

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202 Brownlow Ave.  
**Digby**  
305 Conway Pl.  
**Halifax**  
Bayers Lake Power Centre  
Halfax Shopping Centre  
Park Lane Mall  
6100 Young St.  
1668 Barrington St.  
740 Bedford Hwy. W  
**New Glasgow**  
263 Jury St.  
**New Minas**  
County Fair Mall  
**Port Hawkesbury**  
Port Hawkesbury Shopping Centre  
**Sackville**  
799 Sackville Dr.  
**Sydney**  
Mayflower Mall  
337 Welton St.  
**Truro**  
Truro Mall  
**Windor**  
Fort Edward Mall  
**Yarmouth**  
Yarmouth Mall

NEWFOUNDLAND LABRADOR

**Carbonear**  
Trinity Conception Square  
**Clarenville**  
Random Square Mall  
**Corner Brook**  
Corner Brook Plaza  
69 Broadway Rd.  
**Gander**  
Gander Mall  
**Grand Falls-Windsor**  
Exploits Valley Mall  
**Marystown**  
Peninsula Mall  
**St. John's/Mount Pearl**  
Avalon Mall  
The Village Shopping Centre  
336 Freshwater Rd.  
55 Kelsey Dr.  
35 Stavanger Dr.

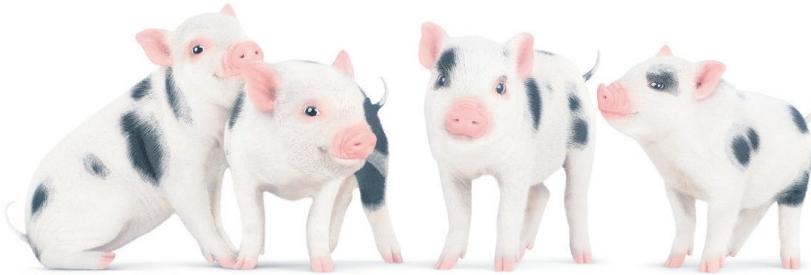
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**Edmundston**  
Place L'Assomption  
**Fredericton**  
Regent Mall  
**Grand Falls**  
Grand Falls Shopping Centre  
**Miramichi**  
Bridgeview Plaza  
**Moncton**  
Wheeler Park Power Centre  
Champlain Place  
Lounsbury Plaza  
**Saint John**  
McAllister Place  
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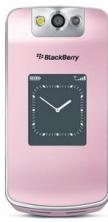
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A massive avalanche plowed into an Indian army training centre at a ski resort in Kashmir yesterday, killing 17 soldiers and critically injuring 17 others. Fifty-three troops were rescued after the speeding mass of snow and ice struck the centre high on a Himalayan slope, police said. **THE ASSOCIATED PRESS**

**Deadly avalanche in India**

# Canada/World



Col. Russell Williams is shown during the change of command at CFB Trenton last July. He was charged yesterday in the murder of two eastern Ontario women.

## Colonel charged

Trenton commander faces 2 counts of murder

**Personnel at Canadian Forces Base Trenton are "shocked" after their "respected" base commander of Canadian Forces Base Trenton was charged with first-degree murder in the deaths of two eastern Ontario women and in the sexual assaults of two others.**

Col. Russell Williams, 46, of Tweed, Ont., about 30 minutes north of Trenton, was arrested Sunday in Ottawa, police said at a news conference yesterday.

He was charged with first-degree murder in the death of Jessica Lloyd, 27, of Belleville and Marie Comeau, a 38-year-old corporal with CFB Trenton's 437 squadron.

"We're all shocked," said Lt. Annie Morin, a public af-

fairs officer at CFB Trenton.

Williams walked confidently into the provincial courthouse in hand and leg shackles yesterday, wearing a blue prison-issue jumpsuit.

He was remanded in custody and will appear by video on Feb. 18.

A publication ban was ordered as is typical in bail hearings, and there is a publication ban on the names of the sex assault victims.

Williams was "brought to

the attention of the police as the result of information gathered during a roadside canvas on Highway 37 on the night of Feb. 4," Det.-Insp. Chris Nicholas said at the news conference.

Lloyd's body was found yesterday in Tweed and an autopsy to determine the cause of death was being scheduled at the coroner's office in Toronto.

Comeau was found dead in her home Nov. 25, 2009. The cause of death was not identified at the time.

Williams is also charged with forcible confinement, break and enter and sexual assault after two women were sexually assaulted during separate home invasions in the Tweed area in September of 2009.

THE CANADIAN PRESS



Jessica Lloyd



Marie Comeau

## Energy tops for PM during Calgary visit

**Energy and economic recovery topped the agenda when Prime Minister Stephen Harper met with Calgary business leaders yesterday ahead of the federal budget.**

Harper projected optimism in a short statement he made for reporters before closing the doors on the meeting.

"We had some good news last week on the jobs front. We had a little bit of good news on the Buy America front. Commodity prices are obviously a lot better than they were a year ago," he said.

"That all said, we think we still have some significant challenges going forward, given the fragile state

### PMO warns aides not to interfere

#### Access to information

- The Prime Minister's Office says political aides should not interfere with the decisions public servants make when deciding what documents to release under access to information laws.
- Spokesman Dimitri Soudas would not comment directly on a case in which a top political aide to the Public Works

of the global recovery."

Cal Nichols, chairman of the Alberta Enterprise Group, said after the meeting that leaders talked about how long stimulus funds should continue.

"It's strictly business, has

to work within the budget, and I guess there will come a point when there's limited funds, but I think the programs that are in place and those that are planned will continue to go forward."

THE CANADIAN PRESS



Scan this barcode for the full story.

## Defeated candidate arrested on coup charges

### 'Carried away'

- Mano Ganeshan, an opposition lawmaker, said Fonseka was "arrested and forcibly carried away" while having a discussion with a group of political allies.

Sarath Fonseka, who as the top general helped defeat the Tamil Tiger rebels, was forcibly detained after objecting to his arrest, opposition politician Rauff Hakeem told The Associated Press.

Fonseka and President

Mahinda Rajapaksa were once strong allies who combined to end the country's 25-year civil war last May. But they subsequently fell out, and Fonseka quit his post. They contested a bitter

election last month for the presidency that Rajapaksa won. Officials have repeatedly accused Fonseka of plotting to kill Rajapaksa and overthrow the government with the help of army deserters and former military officers since the election. Fonseka has called the allegations fabricated and vowed to push on with his political career. A number of serving officers, which the government said were considered to be a threat to national security, have been fired.

THE ASSOCIATED PRESS

## Tainted milk still on Chinese shelves

**CHINA** The discovery has punched a 170-ton hole in China's promises to overhaul its food safety system. Officials say they've found yet another case where large amounts of tainted milk powder from the country's 2008 scandal that should have been destroyed were instead repackaged.

China ordered tens of thousands of milk products labeled with an industrial

chemical burned or buried after more than 300,000 children were sickened and at least six died from the contamination. But, crucially, the government did not carry out the eradication itself, and this month an emergency crackdown has made it clear that tons of compromised products are still on the market.

Tainted dairy has recently been found in China's

largest city, Shanghai.

At least five companies are suspected of reselling tainted products that should have been destroyed, the Health Ministry said last week. Officials issued a recall for more than 170 tons of milk powder tainted by the industrial chemical melamine and closed two dairy companies, the China Daily newspaper reported.

THE ASSOCIATED PRESS

### Dubai Burj Khalifa closed



The world's tallest skyscraper has unexpectedly closed to the public a month after its lavish opening. Electrical problems are at least partly to blame for the closure of the Burj Khalifa's viewing platform — the only part of the half-mile high tower open yet.

KAMALI JAFREH/The Associated Press



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## Comment

# America's crisis is our crisis

### National Report

**Lawrence Martin**



metronews.ca/nationalreport

**B**efore everyone gets down on Barack Obama, it should be remembered that it was George W. Bush who gave the country two wars, a

staggering deficit and debt, no health care or environmental plan, a disparaged worldwide reputation and an economy on the verge of collapse.

Given the inherited conditions, no president, no matter how skilled or brilliant, could have righted the American ship in the space of a year. Nor will it be set right for years to come. The deficit is an inconceivable \$1.6-trillion. Unemployment will remain high. His health-care

plan is in trouble. Troops will return from Iraq, but roll into Afghanistan. The defence budget will remain at an insane level of almost a trillion a year. The Republican right, with its lynch-gang mentality, will block progressive change. The country will continue to lose ground to China.

The outlook is the worst America has had in memory. There is today the added threat of terrorism. It's been almost nine years since 9-11 and there have

been no terrorist hits on American soil. But the paranoia remains. All it would take for the country to go into lockdown would be one small terrorist strike.

In Canada we look on somewhat blithely, not realizing America's crisis is our crisis. Our economy is doing better than theirs, but with 75 per cent of our trade dependent on the U.S. market, the old rule still applies — as America goes, so goes the great white north. We have done nowhere

near enough to develop alternative markets. With the hollowing-out phenomenon, most of our national champions have been sold off. Our productivity is embarrassingly low. We are overly dependent on a natural resource economy with all its fluctuations.

Successive minority governments in Ottawa have had the effect of stifling the debate, turning everything into political theatre, the result being there has been no long-range planning.

The Conservative government deserves some credit for recently reaching an agreement that will prevent Buy-American laws from impacting Canada heavily. But there is next to no debate among any of the parties on the decline of the United States and what the corresponding Canadian strategy, across a wide range of areas, should be.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

# What's best for Haiti's kids hard to determine

### InStep

**Christine Williams**



Determining the best interest of the child is a daunting task in our own culture, let alone Haiti. The catastrophic quake has rendered hundreds of thousands of children orphaned. With the international community and the

Haitian government trying to put the pieces together, the overlapping convergence of corruption, the black market threat and well-meaning, overzealous efforts leaves these children in a precarious clutch.

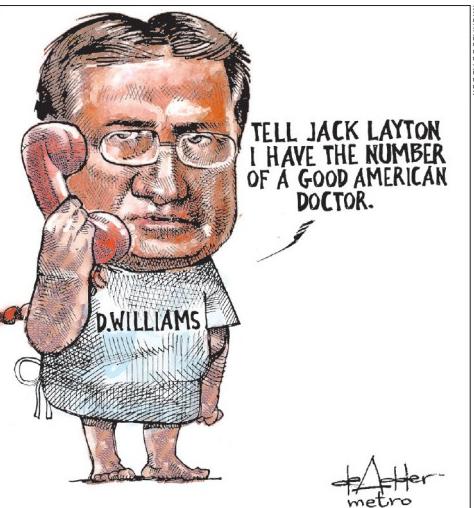
According to the global Corruptions Perceptions Index and the International Red Cross, the Haitian government ranks among the world's most corrupt with its citizens living under harsh, grinding poverty. Yet the government is guardian over the well-being of vulnerable children

following the devastating quake. The Haitian government recently demonstrated its heavy-handedness with members of an American Baptist church on an eager rescue mission, without government authorization. These less than sagacious members were apprehended and arrested for allegedly kidnapping Haitian children. With government collaborated adoptions, no one knows how much money goes into its coffers and whether the motive is really in the children's interest or to

market them off to wealthier families abroad.

Haitians, struck by the catastrophic quake, are now vulnerable and desperately needy of international support, but to suggest that Haitians, in turn, be stripped of their personal rights to dignity and self-determination is ethically immoral. Many families may eventually opt for the adoption choice, but it should be theirs.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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**Xstrata PLC investigation urged**

The Canadian Auto Workers Union is calling on the federal and Ontario governments to investigate mining giant Xstrata PLC's reasons for closing its copper and zinc site in Timmins, Ont., in May. **THE CANADIAN PRESS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Real estate fee dive?

**Homebuyers and sellers could see a significant decrease in transaction fees if Canada's Competition Bureau wins a challenge to the Canadian Real Estate Association's all-or-nothing pricing structure**

The Competition Bureau has been discussing the matter with the association since 2007, after receiving several complaints, but the CREA has not been willing to make changes, said a spokesman who asked not to be identified.

### Lower prices?

- A spokesman with Canada's Competition Bureau said that in the United States, where many such restrictive rules have been lifted, fee prices had dropped significantly and now range from \$99 US to \$500, much lower than in Canada.

Yesterday, the bureau filed an application with the Competition Tribunal seeking to strike down the

CREA's rules on the use of its Multiple Listing Service.

Among other things, the bureau alleges the CREA's rules limit choices for consumers and force them to pay for services they don't want, while stifling market innovation for residential real estate services.

The CREA, represents more than 98,000 real estate brokers, agents and salespeople. If the bureau is successful, it would drive down real estate transaction fees. **THE CANADIAN PRESS**

## Chinese firm bids to build Montreal subway cars

**TRANSPORT** Chinese train company Zhuzhou Electric Locomotive expects to create up to 1,000 new jobs in Montreal if it beats a Bombardier-Alstom consortium bid to build new subway

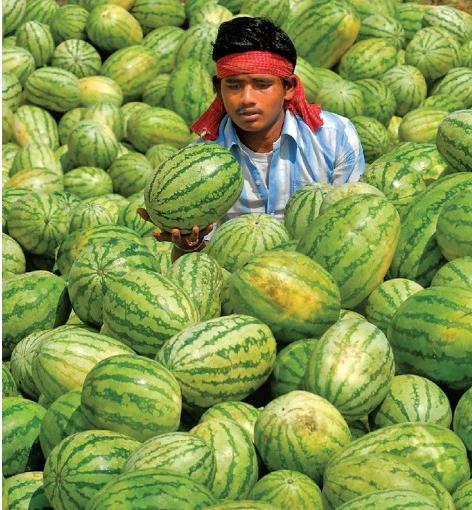
cars for Montreal's Metro. The company said yesterday it would assemble the subway cars in a Montreal-area plant to respect the requirement that 60 per cent of the content be Canadian.

Zhuzhou has signed a tentative deal with the owners of the Dominion Bridge facility. The companies expect to build 762 cars in a deal estimated to exceed \$3 billion.

**THE CANADIAN PRESS**

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US <b>93.07¢</b> US <b>0.39¢</b>	US <b>\$5.401</b> US <b>11.4¢</b>	US <b>\$71.89</b> US <b>70¢</b>	11,115.30 <b>107.82</b>

### India Booming business



A worker arranges watermelons at a wholesale fruit market in Hyderabad, India yesterday. India's economic growth will likely hit 7.2 per cent for the fiscal year ending in March.

### Wi-Lan to settle Telus lawsuit

**TECH** Technology firm Wi-Lan Inc. says it has signed a letter of intent to settle a lawsuit filed by Telus Communications Inc., which claimed ownership interests in several patents.

Wi-Lan said the suit filed by Telus claimed Telus has an ownership interest over four patents collectively called channel estimation patent. However, Wi-Lan does not believe Telus had any interest in the patents.

**THE CANADIAN PRESS**

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With its fiscal house in shambles, Greece faces years of pain and sacrifice, with or without a EU bailout. Scan this code for the story.

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Hard-hit sectors present buying opportunities

## Investing



Allan Small

metronews.ca/investing

Debt fears in places like Greece, Portugal and Spain are scaring markets in North America as well as Asia and South America.

The financial markets today are so intertwined that one nation's problems can be someone else's headache. As with any event, investors need to assess whether the risk is truly a big issue, or if it is something that will be ironed out soon. It is my opinion that the debt issues with countries such as Greece that make up such a small part of global GDP are overblown. If I am correct and this is just a pause on the way to higher markets in the future, where are the bargains right now?

I believe investors should be looking at the sectors in the market that have been hit the hardest by this latest retreat.

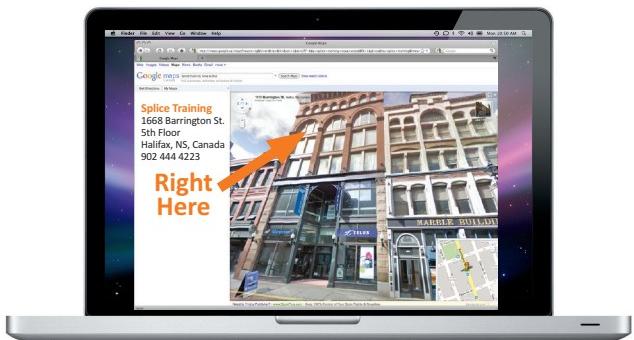
The commodities and oil sectors have been hit hard and present some great buying opportunities. Financial companies have

fallen enough that their dividend yields in some cases are now above five per cent once again. The technology sector continues to turn out great earnings as well. Good quality companies in these sectors should outperform going forward and investors who have the ability to take advantage of it will be rewarded.

Allan Small can be reached at [asmall@dundeesecurities.com](mailto:asmall@dundeesecurities.com). The views expressed are not necessarily those of Dundee Securities

**"Good quality companies ... should outperform going forward."**

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## Borrowing for RRSPs?

## AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Two and a half weeks left! Yikes. The RRSP needs feeding and the cupboards are bare. What to do? If you have good credit, equity in your home and/or reasonable non-mortgage debt compared to your income, an RRSP loan is a no-brainer. Maybe, maybe not.

My response to the value of RRSP loans is always the same; on paper they can make financial sense but in reality I rarely see any true benefits. In pursuit of avoiding income tax, people invariably fail to look

at the full picture, i.e. what lurks beyond the refund.

If you can satisfy the following four ifs then I will grudgingly agree that an RRSP loan could put you ahead.

**1 If you're going to pay income tax.**

A surprisingly number of those with little or no taxable income, but equity in their home and good credit, borrow to contribute. No question, the higher your tax rate the more the



strategy is appealing but don't forget, unlike other investment loans, you can't deduct the interest levied on the borrowed amount.

**2 If you don't have other non-mortgage debt.**

It makes little sense to take out an RRSP loan with loan balances outstanding, especially on bank or retail credit cards with interest between eight and 30 per cent.

**3 If you're disciplined enough to take the whole tax refund and pay down or pay off the borrowed amount.**

Promises to yourself in February can evaporate remarkably quickly when the refund cheque arrives.

**4 If you can invest the money wisely.**

This is the biggie. Even though you may be able to borrow at a low rate of interest and reduce your taxes payable, there is more pressure on borrowed money to perform than money you've saved. Aside from

## Alison's Money Rule:

- Borrowing to contribute to your RRSP can pay off but there are four ifs you need to satisfy first.

anything else, borrowed money often encourages us to make riskier investments in order to earn back the interest paid.

If you can say yes to the four ifs, take a look at the Credit Canada RRSP loan calculator at [creditcanada.com/financialtools.asp](http://creditcanada.com/financialtools.asp) to see how the strategy might work for you.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at [alison@alisongriffiths.ca](mailto:alison@alisongriffiths.ca).

## How did workers fare during the recession?

Almost half of all Canadian workers (44 per cent) managed to keep their finances on track despite the recession, according to the eighth Rethink Retirement survey.

Even better, more than one in four (26 per cent) indicated an improvement. However, one worker in three (30 per cent) reported that they are now worse off. The recession appears to have had less of an impact in Quebec, where 53 per cent of respondents said that their situation stayed the same, compared to an average of 44 per cent in the rest of Canada.

**Who's financial situation improved?** Workers between the ages of 18 and 29 (44 per cent) and respondents whose savings and investments increased or who paid off their debts (40 per cent) saw their situation improve. Full-time workers make up 28 per cent of these people.

**Why did things get better for them?** When asked why they were now better off, respondents tended to mention a growth in employment income due to:

- Increased salary or raises (19 per cent)
- A better job (promotion, full-time work) (14 per cent)
- Overtime (nine per cent)

## Paying off debts to improve their situation.

Eighteen per cent of respondents said that paying off debts (excluding primary residence mortgages) was the first step in improving their financial situation. "I got a promotion, so I was making better money," said one respondent. "Since I didn't have any unforeseen expenses (home or car repairs) I was able to pay off my debts and keep investing in my RRSP."

Thirty-one per cent of workers said that they were able to pay off a portion of their debts, which is exactly the same proportion as those who saw their debts go up.

Nearly one worker in four (24 per cent) reported debts of \$1,000 or less, but couples with children (20 per cent of respondents) had the most debt: More than \$50,000. Generally, this level of debt is seen among people between the ages of 43 and 52 (20 per cent).

Debt for respondents between the ages of 30 and 42 (21 per cent) was between \$25,001 and \$50,000.

## MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

## Planning for retirement

**Q How much should we set aside every year for about 30 years to achieve a post-retirement income of \$50,000?**

— Daryl and Kelly

**A** You will need about \$14,500 annual RRSP contributions for the next 30 years (six per cent return) to expect an after-tax income (tax rate 35 per cent) of \$50,000, says Douglas D. Lamb, CA, CFP, MBA with Spera Financial, a Toronto-based financial planner.

Check last year's notice of assessment; you probably qualify for larger contributions.

It would be worth your time to speak to a financial planner. Lamb agrees, a financial planner takes the time to understand your unique circumstance and help design a financial road map. It is never too early nor too late to start planning.

Henry Choo Chong, CGA, can be reached at [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca).

NEWS CANADA

# Important update from Toyota Canada.

There has been a lot of talk about Toyota.  
Here are the facts for our customers.

Your safety remains our number one priority:

- In the interest of our customers, Toyota has and will continue to thoroughly investigate concerns related to our products and address issues that are identified.
- We will continue to take appropriate measures to remedy any problems, should they arise, and will notify our customers as quickly as possible.

The latest update on the sticking accelerator pedal recall:

- All Dealers have received repair parts and Toyota trained technicians have begun to modify affected vehicles.
- Our Dealers are here to service your vehicle, many will be working extended hours.

Toyota vehicles are designed and manufactured with your safety in mind. Our worldwide organization has been mobilized and we are redoubling our efforts to improve and continue to provide our customers with quality products.

Since we began selling cars in Canada more than 45 years ago, we have been committed to providing you with dependable, quality products. You, in turn, have rewarded us with your loyalty and confidence. Our goal is to continue to earn that trust each and every day.

For the latest information, please visit our updated website at [toyota.ca](http://toyota.ca), contact your Dealer, or our Customer Interaction Centre at 1-888-TOYOTA-8 (1-888-869-6828).



The Cleveland Browns have released wide receiver Donte' Stallworth. Stallworth was suspended for the 2009 season by NFL commissioner Roger Goodell after he pleaded guilty to killing a pedestrian while driving drunk in Florida. He spent 24 days in jail. THE ASSOCIATED PRESS

# Sports



## Danica to make debut

Danica Patrick will make her NASCAR debut this weekend at Daytona International Speedway. The IndyCar star will drive the No. 7 Chevrolet for JR Motorsports in Saturday's second-tier Nationwide Series race. The decision, announced yesterday, to race at Daytona was made after team officials dissected her stock-car racing debut in the ARCA race at Daytona on Saturday.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOUILL@METRONEWS.CA

## Gainey resigns as Canadiens GM

Gauthier takes over the reins as Gainey becomes consultant in Habs front office

**Bob Gainey has resigned as general manager of the Montreal Canadiens after a tumultuous era at the helm of hockey's most storied franchise, becoming the latest in a string of Habs GMs to leave without a championship.**

Gainey becomes the third straight Habs general manager to leave the job without delivering a Stanley Cup — a once-unthinkable statistic for a team that was dominant for decades.

Gainey will remain employed with the Habs as a consultant to new GM and executive vice-president Pierre Gauthier, and he told a news conference yesterday that he remains devoted to the team.

He presided over an era where the Canadiens were competent during the regular season, poor in the playoffs, and flooded by fans' nostalgic adulation as they celebrated their 100th birthday.

"I've done my best and



GRAHAM HUGHES/THE CANADIAN PRESS

Bob Gainey hangs his head at a news conference in Montreal yesterday, announcing his retirement as general manager of the Montreal Canadiens.

it's time for me to pass the torch. I'm leaving the team that I love in good hands," Gainey told reporters.

"The job of general manager required a vision and a long-term commitment and I didn't want to com-

mit myself now for four, five or six more years.

"If I had to choose between leaving a little earlier, or a little later, I'd prefer (to go) earlier."

The Gainey era ends with a record of 241-176-

46-7 during the regular season, 11-22 in the post-season, and zero appearances beyond the second round of the Stanley Cup playoffs.

The team is currently in sixth place in the East,

### Enter Gauthier

• Bob Gainey's successor, Pierre Gauthier, was general manager of the Ottawa Senators from 1995 to 1998 and of the Anaheim Ducks from 1998 to 2002, and has served the Canadiens in a variety of roles since 2006.

with a record of 28-26-6 despite a crippling series of injuries to key players like Andrei Markov, Mike Cammalleri and Andrei Kostitsyn.

If Gauthier is preparing to make any drastic changes, he certainly wasn't showing his cards yesterday.

"It's a great honour to become general manager of the Montreal Canadiens," Gauthier said.

"I like our team. I like the organization. I'm very comfortable with Jacques Martin and our team of coaches."

THE CANADIAN PRESS



Marc Cheverie

Cole Harbour pair in running for U.S. award

**COLLEGE** Two Cole Harbour natives are up for the Hobey Baker award as the best player in U.S. college hockey.

Forward Blake Gallagher of the Cornell Big Red and goaltender Marc Cheverie of the Denver Pioneers made the 70-player preliminary list of nominees.

The list will be whittled down to 10 on March 18 and three on April 1.

Gallagher, a former Dartmouth Subways captain, leads Cornell in scoring with 14 goals and 14 assists for 28 points in 22 games as a senior.

Cheverie, a Florida Panthers draft choice, has been downright stingy as a junior with a 15-3-3 record, 1.96 goals-against average and a .935 save percentage.

A fan ballot forms a percentage of the Hobey Baker voter. Fans can vote online at [www.hobeybaker.com](http://www.hobeybaker.com).

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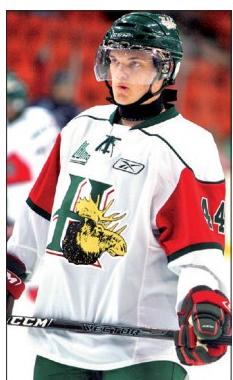
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## Mooseheads rookies on the mend; could play Wednesday

**MATTHEW WUEST**  
[matthew.wuest@metronews.ca](mailto:matthew.wuest@metronews.ca)



Herd defenceman Steve Gillard has missed the past two games with a shoulder injury.

Both rookies have recovered from injuries this week and could return to the lineup tomorrow at 7 p.m. at the Metro Centre against the Prince Edward Island Rocket.

Lemieux, who has six goals and seven assists in 37 games, has been out since Dec. 27 with mononucleosis.

Gillard, a 17-year-old with a goal and five assists in 45 games, missed the past two games with a shoulder injury.

The return of Gillard leaves in question the status of fellow defenceman Garrett Clarke.

Clarke was benched for the second half of Saturday's win over Cape Breton for his lack of discipline and head coach Cam Rus-

sell said his return to the lineup against the Rocket will be a game-day decision.

The last-place Mooseheads, 12-37-5, are 10 points behind the Lewiston Maineiacs for the final QMJHL playoff spot. They're seven behind the Baie-Comeau Drakkar.

## NFL heads to the great unknown

**LABOUR** A memorable season capped by a super title game with a record TV audience has NFL executives and fans beaming.

The smiles might soon disappear.

Pro football is headed into the great unknown. Barring a quick — and totally unexpected — agreement with the players' union on a new contract, 2010 will have no salary cap. After that, perhaps a work stoppage, something NFL Players Association executive director DeMaurice Smith puts at "14" on a scale of 1 to 10.

Commissioner Roger Goodell doesn't agree, believing negotiations will lead to a new deal before March 2011, when the collective bargaining agreement expires. But an ac-

cord before the New Orleans Saints begin defence of their Super Bowl championship in September is unlikely.

The 32 team owners clearly are prepared for a go at the first uncapped season since 1993.

Enough restrictions are in place, including extending the minimum years of service for unrestricted free agency from four years to six, that baseball-like bidding wars are improbable.

With the owners claiming they are losing millions and the players arguing that teams are making

money by the fistful, a common ground will be difficult to find.

"The labour agreement is a very important agreement," Goodell said during his annual Super Bowl week news conference. "It's something that is important to our players. It's certainly important to our clubs, and it's important to our fans."

"We have to sit at the table and we have to get an agreement that works for everybody. And that's what people expect. They want solutions, and that's what we should deliver."

THE ASSOCIATED PRESS

### Sports in brief

**NBA** Indiana Pacers centre Jeff Foster will miss the rest of the season with a back injury. The Pacers announced yesterday that Foster will have

surgery after the All-Star break. He is expected to be ready for training camp in the fall.

**NHL** The Dallas Stars have acti-

vated centre Mike Ribeiro a month after he injured his throat in a game against the New York Rangers.

METRO NEWS SERVICES

### SCOREBOARD

#### NHL

##### YESTERDAY'S RESULTS

San Jose 3 Toronto 2  
Philadelphia 3 New Jersey 2  
St. Louis at Colorado  
Edmonton at Phoenix  
Los Angeles at Anaheim

#### NBA

##### YESTERDAY'S RESULTS

Orlando 123 New Orleans 117  
Dallas at Golden State  
San Antonio at L.A. Lakers

#### PBL

	W	L	PCT	GB
Puerto Rico	8	0	1.000	—
<b>HALIFAX</b>	<b>7</b>	<b>2</b>	<b>.778</b>	<b>15</b>
Lawton-Fort Sill	5	2	.714	2.5
Rochester	5	2	.714	2.5
Vermont	2	4	.333	5
Buffalo	3	6	.333	5.5
Manchester	2	6	.250	6
Maryland	2	6	.250	6
Quebec	1	7	.125	7

SUNDAY  
Manchester at HALIFAX, 2 p.m.

**Vancouver Games**

Estimates of protests grow as Games approach

**DEMONSTRATIONS** Police are expecting large crowds of protesters to mark the start of the Winter Games later this week, but international Olympic officials say they're not concerned the demonstrations will pose any serious problems.

Anti-Olympic groups are planning a large event in downtown Vancouver to coincide with Friday's opening ceremonies, and others are expected to follow throughout the ensuing 16 days of the Games.

Vancouver police have recently said they expect between 1,000 and 1,500 protesters in the first few days of the Olympics — a significantly larger number than many had previously expected — and protest organizers say they hope to exceed those figures.

But officials with the International Olympic Committee and the local organizing committee, known as VANOC, said they are confident protests will be peaceful and won't cause any major disruptions during the Games.

Gerhard Heiberg, a member of the IOC's executive board, said the committee has always been aware of the potential for protests during the Vancouver Olympics.

"I wouldn't call it concerns," Heiberg, who was also the chairman of the committee that evaluated Vancouver's bid for the Games in 2003, said at a news conference yesterday.

"We have to accept protests and there will be some and fine, let's leave it. We are used to that."

The IOC raised the issue of protests with VANOC during a final briefing on Monday, specifically around what organizers were expecting on the day of the opening ceremonies.

"For us, it's not an issue — we accept protest, we accept people protesting. This is free, democratic freedom of expression," said IOC president Jacques Rogge.

"What we want is no violence and we want the people to respect the laws of the country and then there is no problem."

THE CANADIAN PRESS



Jamie Sale and David Pelletier compete in the free program during the Salt Lake City Winter Olympic Games in 2002.

## New scale for skaters

Previous system scrapped

**Gone is the 6.0 that everybody knew if not loved, and in its place is a complicated system that can leave figure skating fans scratching their heads.**

The pairs scandal involving Canadians Jamie Sale and David Pelletier at the 2002 Salt Lake Olympics provided the impetus for a complete — and long-overdue — rewrite of how figure skating is judged.

But the new, far more detailed, computer-driven Code of Points, implemented in 2004 in hopes of eradicating the partisanship that had long plagued the sport, almost takes a statistician to decipher.

The one thing to remember is that under the new system, absolutely everything — from jumps to spins to the step sequences in between — has an assigned value.

Marks are then added or deducted according to how well a move is executed.

Take the triple Axel for example. The three-and-a-half rotation jump has a base value of 8.2 points. Judges then decide how well the jump has been executed, awarding a grade of execution or GOE ranging from a plus-3 to a minus-3, which takes into account everything from height and speed, to the difficulty of the steps leading into the jump.

You can see a jump that

### Skating scandal

- Jamie Sale and David Pelletier were thrust into the international spotlight during the 2002 Winter Games when they were awarded silver medals after a flawless skate. After a judging controversy and an appeal, they were awarded gold along with the Russian skaters

goes up and the speed leading in is amazing, and the position in the air is beautifully straight and the landing flows out with amazing extension of the free leg," explains Norm Proft, officials programs manager for Skate Canada.

GOE: A plus-3.

"You have another skater, maybe they're a little slower going in, maybe they lean in the air, maybe their free leg is up in the air instead of nice and tight, maybe the landing a little scratchy. They're both triple Axels, but they're distinctly different in the quality of the jump," Proft says.

There's another set of scores — "program components" — that replace the former "presentation" marks. The five components are skating skills, transition, performance/execution, choreography/composition, and interpretation, with a scale of one to 10.

THE CANADIAN PRESS

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c/min

	Afghanistan.....24.9 ¢		Fiji.....24.9 ¢
	Bangladesh.....3.9 ¢		Ghana.....9.9 ¢
	Barbados.....9.9 ¢		Greece.....2.9 ¢
	Chile.....2.9 ¢		Guatemala....10.9 ¢
	China.....2.9 ¢		Guyana.....27.9 ¢
	Ecuador.....12.9 ¢		Honduras.....15.9 ¢
	El Salvador.....9.9 ¢		Iraq.....4.9 ¢
	Jamaica.....8.9 ¢		Israel.....2.9 ¢
	Jordan.....3.9 ¢		Italy.....2.9 ¢
	Kenya.....6.9 ¢		Russia.....2.9 ¢
	Kuwait.....6.9 ¢		Saudi Arabia.....3.9 ¢
	Lebanon.....9.9 ¢		South Korea..2.9 ¢
	Libya.....24.9 ¢		Sri Lanka.....11.9 ¢
	Nepal.....7.9 ¢		Trinidad.....4.9 ¢
	Oman.....14.9 ¢		U.A.E.....16.9 ¢

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Dress up your cakes for Valentine's Day by purchasing a heart-shaped baking pan and serve the finished results with whipped cream and fresh berries. Kitchen Plus sells a Fox Run Mini Heart Pan for \$3.50 (right), at kitchenstuffplus.com. METRO NEWS SERVICES

Romanticize your cakes

# Food



EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Fishing for some love

Delicious, healthy, affordable — and already thought by the Scots to be sexy — the Fresh Blue Cultured Mussel could be the next food of love, according to the Mussel Industry Council. Fresh blue cultured mussels are not only romantic and tasty, they are high in Omega 3s, low in fat (2.2 g fat per 100 g mussel meat) and have high levels of daily requirements for zinc, vitamin C and iron. Mussels are also world recognized as sustainable seafood. What's not to love about eating them this Feb. 14? METRO NEWS SERVICES

Canadian Living recipe of the month

# A hearty meal

Design a decadent menu for your sweetheart

### Rosemary Rack of Lamb

Frenched lamb chops are readily available. Or ask your butcher to French them, that is, to cut away the meat at the ends of the bones to expose them.

MAKES 4 SERVINGS

### INGREDIENTS:

- 1/2 cup fresh bread crumbs (125 mL)
- 2 Tbsp chopped fresh rosemary (25 mL)
- 2 Tbsp grated Parmesan

- cheese (25 mL)
- 2 clove garlic, minced
- 1/4 tsp each salt and pepper (1 mL)
- 2 Tbsp Dijon mustard (25 mL)
- 2 racks of lamb (8 bones, 2 each), 2 lb (1 kg), frenched
- 2 Tbsp extra-virgin olive oil (25 mL)

### METHOD:

1. In small bowl, combine bread crumbs, rosemary, Parmesan cheese, garlic, salt and pepper.
2. Spread mustard evenly over meaty part of lamb; coat with bread crumb mixture.
3. In skillet, heat oil over medium-high heat; brown lamb, in 2 batches, until golden, about 2 minutes. Transfer, fat side up, to foil-lined baking sheet.
4. Roast lamb in 425°F (220°C) oven until meat thermometer registers 145°F (63°C) for medium-rare, 15 to 20 minutes.
5. Transfer to cutting board and tent with foil; let stand for 5 minutes before carving between bones.

**Tip: In fondue use Lindt chocolate**



PHOTO BY DEBORAH PUDGE

Canadian Living's Rosemary Rack of Lamb.



### Chocolate Fondue for Two

MAKES 2 SERVINGS

### INGREDIENTS:

- 1 cup bite-size peeled pineapple chunks (250 mL)
- 1 navel orange, peeled and cut into segments
- 2 kiwifruit, peeled and sliced
- 1 Red Delicious apple, cored and sliced
- 6 cookies (optional)

### METHOD:

1. Chocolate Fondue: In saucepan, heat cream until boiling. Pour over bittersweet and milk chocolates in fondue pot; whisk until melted. Whisk in amaretto. Keep warm.
2. Meanwhile, arrange pineapple, orange, kiwifruit, apple, and cookies (if using) on platter.
3. Garnish with gooseberries (if using). Serve with fondue.

### online

For more Tested-Till-Perfect recipes, visit canadianliving.com



## IT IS ALL ABOUT LOVE THIS THURSDAY!

Love is a great thing and Metro will be celebrating it with our readers worldwide. This whole week we'll be featuring stories revolving around the theme of LOVE.

Valentine's Day Metro special - out this Thursday

We'd also like to hear from you! Send us your message to your sweetheart and a picture together, and we'll run the best ones in our Friday edition.

We will accept submissions to halifaxletters@metronews.ca or on Twitter @metrohalifax

metro®

## Liquid Assets



### Bring sexy back

Attention all guys! If you haven't noticed, Feb. 14 falls on a Sunday this year, which means your Valentine will be expecting a bit more than a card. A weekend Valentine's Day calls for

breakfast in bed, or at the very least something nice to sip on while she opens that great gift you bought her to make up for your lack of culinary skills.

Sparkling wine is your ticket out of the kitchen. But you don't have to stick with a straight forward bubbly. Take a colour cue from the holiday and pop open a bottle of rosé. **Yellow Tail Bubbles Rosé** (\$12.95 - \$13.99) from Australia is all about refreshing strawberry fruit that's not over the top; while **Fresita** (\$13.95 - \$15.99) from Chile comes with real hand-picked strawberries in the wine to pump up the flavour volume.

If you like the idea of something more confectionary, the

chocolatiers at Godiva work some Belgian magic by liquefying their famous **White Chocolate** (\$29.99 - \$31.95) into a decadently creamy, neutral spirit-based liqueur.

Looking to bring sexy back? **X-Rated Fusion** (\$39.95 - \$47.99) liqueur is a tropical mix of French vodka, blood oranges, mango and passion (the fruit that is).



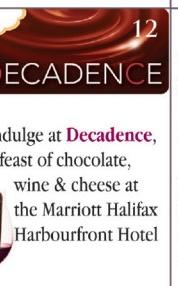
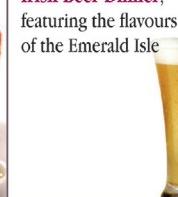
Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

# Savour

food & wine

HEAT UP YOUR FEBRUARY  
WITH 28 DELICIOUS DAYS  
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WINE EVENTS

VISIT  
**eDining.ca**  
for full event details

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Dine Out NS:</b> Feb. 1–11, savour the decadent three-course, prix fixe menus offered by restaurants throughout Nova Scotia during food and wine month!	1 <b>DINEOUT</b> <b>Dine Out NS</b> Feb. 1–11 	3 <b>Dine Out NS</b> Feb. 1–11 	4 <b>Winter Icewine Festival</b> , Feb. 4–14. Sample the cool at: Brooklyn Warehouse Delta Barrington Delta Halifax Five Fishermen Saege Bistro <b>Dine Out NS</b>	5 <b>Icewine Festival:</b> Domain de Grand Pré hosts a dessert wine & cheese tasting at Tattingstone Inn, Wolfville Get a Warm Winter's Glow at Blomidon Estate Winery <b>Dine Out NS</b>	6 <b>White Point Seafood Festival:</b> special dinner & overnight packages <b>Icewine Festival:</b> Brooklyn Warehouse Delta Barrington Delta Halifax Five Fishermen Saege Bistro 
7 <b>Winter Icewine Festival</b> , Feb. 4–14. Sample the cool at: Brooklyn Warehouse Delta Barrington Delta Halifax Five Fishermen Saege Bistro <b>Dine Out NS</b>	8 <b>Winter Icewine Festival</b> , Feb. 4–14. Sample the cool at: Brooklyn Warehouse Delta Barrington Delta Halifax Five Fishermen Saege Bistro <b>Dine Out NS</b>	9 <b>Da Maurizio's Four Course Masi Wine Dinner</b> , Tuesday & Wednesday evening <b>Dine Out NS</b> Feb. 1–11	10 <b>Da Maurizio's Four Course Masi Wine Dinner</b> , Tuesday & Wednesday evening 	11 <b>Brussels Beer Dinner</b> , featuring four delicious courses, beer pairings and live music <b>Dine Out NS</b> Feb. 1–11 	12 <b>DECADENCE</b> Indulge at <b>Decadence</b> , a feast of chocolate, wine & cheese at the Marriott Halifax Harbourfront Hotel 	13 <b>Valentine's Weekend Dinner &amp; Dance</b> at White Point, Feb. 12–14 <b>Valentine's Dinner Special</b> at Trendz Café & Wine Bar, Feb. 12–14
14 <b>Oceanside VIP Valentine's Getaway</b> at White Point, Feb. 12–14 	15 	16 Dury Nelly's 3-course <b>Irish Beer Dinner</b> , featuring the flavours of the Emerald Isle 	17 Enjoy <b>Pinot &amp; Popcorn</b> at a showing of the hit movie Sideways 	18 Enjoy <b>Pinot &amp; Popcorn</b> at a showing of the hit movie Sideways 	19 <b>Rare &amp; Fine Wine Tasting</b> 2nd Annual <b>Rare &amp; Fine Wine Tasting</b> at Windows 	20 Delta Hotels host a <b>West Coast Food &amp; Wine Experience</b> <b>On The Rocks</b> overnight packages at White Point
21/28 <b>Oysters &amp; Sauvignon</b> , featured all month long at Onyx and Cut Steakhouse 	22 <b>Oysters &amp; Sauvignon</b> , featured all month long at Onyx and Cut Steakhouse 	23 	24 <b>Oysters &amp; Sauvignon</b> , featured all month long at Onyx and Cut Steakhouse 	25 <b>Savour food &amp; wine Show</b> at the Marriott Halifax Harbourfront Hotel 	26 <b>Oysters &amp; Sauvignon</b> , featured all month long at Onyx and Cut Steakhouse 	27 

This calendar represents just a small sample of fabulous events; visit [eDining.ca](http://eDining.ca) and click on the **Savour** logo for more events and details.

## DINEOUT

Discover the flavours of Nova Scotia special prix-fixe menus at restaurants throughout the province

February 1<sup>st</sup> to 11<sup>th</sup>

Starting from  
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## DECADENCE

CHOCOLATE | WINE | CHEESE

an evening of indulgence  
Friday, February 12<sup>th</sup> in the Halifax Ballroom of the Marriott Halifax Harbourfront Hotel

Tickets  
\$49+HST

## Rare & Fine Wine Tasting

SECOND ANNUAL  
Friday, February 19<sup>th</sup> at Windows, WTCC Halifax

Tickets  
\$99+HST

## Savour

food & wine

February 25<sup>th</sup> at the Marriott Halifax Harbourfront Hotel

The most mingle-licious event of the year!



The same sodium as two medium orders of McDonald's French fries  
Gerber, one of the best-known names in baby food, has been named this year's recipient of the Salt Lick Award due to the high sodium content in one of its prepared meals for toddlers, Graduates Lil' Entrees. THE CANADIAN PRESS

# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## The Internet and depression

**MENTAL HEALTH** Caught in the Net? People who are obsessed with the Internet are more likely to become depressed, according to a new study in the U.K.

Instead of having real-life friends, most of their social interaction occurs through online chat rooms and social networking sites. People can become addicted to gaming and browsing sexually gratifying websites. How to tell if you have an Internet addiction? Like any other addiction, such as alcohol, the behaviour is a problem when it interferes with everyday life.

"While many of us use

the Internet to pay bills, shop and send emails, there is a small subset of the population who find it hard to control how much time they spend online, to the point where it interferes with their daily activities," says Dr. Catriona Morrison from the University of Leeds.

People with Internet addictions had higher rates of depression — and sometimes severe depression — than non-addicted people. The study surveyed 1,319 people from age 16 to 51, and found 1.2 per cent were Internet addicted.

CELIA MILNE/FOR METRO CANADA

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## Playing soccer helps to kick high blood pressure

CELIA MILNE  
for Metro Canada



**Exercise reduces high blood pressure. Doctors have known this for a long time. But what kind of exercise is best?**

A new study in Copenhagen tells us that doing spurts of high-intensity exercise — namely, playing soccer — is a great way to control high blood pressure.

The study involved 25 men aged 31 to 54 who had mild to moderate hypertension. The men were split into two groups.

One group played soccer (in teams of five or six) for about an hour twice a week and the other group received traditional advice from a physician on reducing heart disease risk and staying active.

When tested three months later, the soccer-playing group had improved their health far more than the other group.

They had lowered blood pressure, reduced heart rate, reduced fat on their body and increased aerobic capacity.

"Our advice is to participate in vigorous intermittent physical exercise," lead author Peter Krustrup told Metro. He believes soccer is a great way to get healthy because it is effective and fun; people stick with it, unlike many other exercise regimes.



PHOTO: COPENHAGEN UNIVERSITY

Burst of high-intensity exercise, like playing soccer, helps to control high blood pressure.

**"Our advice is to participate in vigorous intermittent physical exercise. If not (soccer), perhaps other types of intense intermittent exercise, such as water polo or intermittent swimming, running or cycling."**

Peter Krustrup, lead author and Associate Professor in the Department of Exercise and Sport Sciences at the University of Copenhagen

activities are a great way to improve health.

Another Danish study showed beneficial effects of interval uphill walking for heart failure patients.

And Krustrup has already published studies showing regular recreational soccer training improves many measures of heart health in both men and women.

"If not (soccer)," he says, "perhaps other types of intense intermittent exercise, such as water polo or intermittent swimming, running or cycling."

Hockey, with its bursts of intense activity followed by rest, may be a great Canadian way to reap the rewards the Danish men had when they played soccer, especially in the winter.

Krustrup is an Associate Professor in the Department of Exercise and Sport Sciences at the University of Copenhagen, Denmark.

In Canada, hypertension affects one in five adults. It is the number one risk factor for stroke, and a leading risk factor for heart disease.

Because there are no

symptoms, it's often called "the silent killer."

Having hypertension increases your risk of coronary heart disease, atrial fibrillation, kidney disease

and death from any cause.

Although the Danish study was small, it adds to a growing body of evidence that soccer and other interval training

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**Heart aches**

Just over one-third of Canadians live too far away from a specialized hospital to get the best available treatment for a heart attack, suggests a new University of Calgary study. But its authors argue that number is good for a vast country where many people don't live near cities. **THE CANADIAN PRESS**

# Valentine's Day cynicism is a cop out

It doesn't have to be a day devoted to commercialism

## The J Spot

**Josey Vogels**



metroneWS.ca/thejspot

**A**pparently New York-based relationship expert Jay Cataldo is on a mission to single-handedly end Valentine's Day.

"This wretched day of massive expectation and zero appreciation needs to be destroyed," he states in the press release announcing his plot to destroy this "disgraceful holiday."

Cataldo doesn't explain exactly how he plans to off Valentine's Day — take Cupid out with his own bow and arrow? Lobby for a ban on scratchy lace? — but his cynicism about what is increasingly referred to as the "Hallmark Holiday" is becoming all too common.

Sure, I understand the "I'm single and thanks for reminding me how loveless my life is" resentment and the "God, please don't let me fail the test of proving I love you because I bought you lousy carnations instead of roses" pressure.

And yes, I agree that it's a bit of a goofy, made-up holiday designed mostly to keep the consumer wheel turning.

I've received hundreds of emails from companies reaching to come up with a Valentine's Day angle to pitch their product.

**"Valentine's Day is an opportunity to stop, take a good look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, 'Hey, you're really special to me and I'm glad you're in my life.'"**

How about a free strawberry recipe iPhone app courtesy of the California Strawberry Commission? Hey, strawberries are red. I'm not saying you have to fall for some idealized, unrealistic notion that your love can be neatly expressed once a year with a heart-shaped box of candy or a

they cancel Valentine's Day, they might as well cancel Christmas.

And, as with Christmas, you can choose whether or not to get caught up in the commercialism.

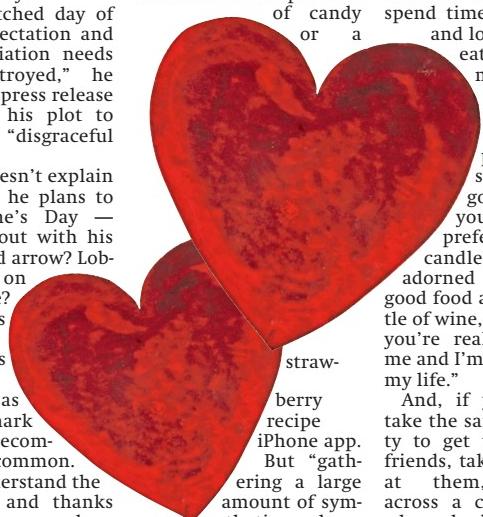
For me, Christmas is less about shopping and more an opportunity to spend time with friends and loved ones — to eat, drink and be merry.

Similarly, Valentine's Day is an opportunity to stop, take a good look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, "Hey, you're really special to me and I'm glad you're in my life."

And, if you're single, take the same opportunity to get together with friends, take a good look at them, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and tell them, "Hey, you're really special to me and I'm glad

### Unique Gift Ideas for Valentine's Day

- If you'd like to do something special for your sweetie, I've included some unique Valentine's Day gift ideas in my Sexcetera blog at metroneWS.ca



strawberry  
recipe  
iPhone app.

But "gathering a large amount of sympathetic malcontents together and declaring Feb. 14 as a Day of Hate," as one anti-VD internet campaign encouraged people to do, is a bit of a cop-out.

This year, instead of spending all that energy resenting the unrealistic romantic ideals shoved down your throats by the greeting card and candy companies, use the day to stop and appreciate the love in your life.

The other day my brother — who is single by the way — said that if

**Study: Autism risks higher in children of older mothers**

**PREGNANCY** A woman's chance of having a child with autism increase substantially as she ages, but the risk may be less for older dads than previously suggested, a new study analyzing more than five million births found.

"Although fathers' age can contribute risk, the risk is overwhelmed by maternal age," said University of California at Davis researcher Janie Shelton, the study's lead author.

Mothers older than 40

were about 50 per cent more likely to have a child with autism than those in their 20s; the risk for fathers older than 40 was 36 per cent higher than for men in their 20s. The new research suggests the father's age appears to make the most difference with young mothers. Among children whose mothers were younger than 25, autism was twice as common when fathers were older than 40 than when dads were in their 20s.

**THE ASSOCIATED PRESS**

## LET'S REBUILD HAITI TOGETHER

JACOB has joined forces with Oxfam to raise \$150 000 for the relief effort in Haiti by creating a t-shirt, in stores now.

JACOB will donate **\$15, 100% of the sale price**, to Oxfam for every t-shirt sold.

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# Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Go beyond the beach

RAFAEL BRUSILOW  
for Metro Canada

**Reading Week is almost here, and as most students can attest, actual reading is pretty much the last thing on their to-do lists.**

While the usual beach-hopping antics are standard fare over Spring Break, why not try something a little different (and cheaper)?

### Whisk away to a winter wonderland

Camping isn't just for the summer months, especially for couples hoping to get cuddly in the snow, or nature lovers looking for a chance to experience ultimate serenity. Check the Parks Canada website ([pc-camping.ca](http://pc-camping.ca)) for a list of all

campgrounds in your province that are open in the winter. Popular year-round parks include: Kootenay in British Columbia, Bruce Peninsula in Ontario, Terra Nova in Labrador, and Prince Albert in Saskatchewan.

### Give a little

Volunteering is not only a great way to help your community and have life-changing experiences along the way, it can also be a crucial part of your personal growth as a person — and isn't that why you're going to school in the first place? Visit the Volunteer Canada site at [volunteer.ca](http://volunteer.ca) for a list of organizations that need volunteers in your part of Canada. The site also has a wealth of resources about

how to get started volunteering.

### Get moving

Raising your marks is a great thing, but too often it can mean gaining a little extra around the mid-section.

All that sitting at desks and computers and indoor hibernating during the winter term is bound to catch up with you, so why not use your break to start up your exercise regimen? Many gyms and fitness clubs are still in the throes of their New-Year rush and are eager to offer deals and discounts, while winter sports equipment starts to get discounted around this time of year as well. Hop out for a few days of skiing or hit the gym a couple of times to give your fitness a kick-start.



Actual reading is the last thing on many students' to-do lists during Reading Week.

### Hit it big

Got a penchant for sculpture, a knack for writing jokes or mad skills for fixing computers? Maybe it's time to take your marketable hobbies and use them to start a small business. Scout out some contacts and try to focus on work you can do in off-

hours once classes start up again. But don't try to overwork yourself — a few extra bucks for proofreading papers or selling your architectural renderings can go a long way and put you on the road to entrepreneurship. Visit [service-canada.gc.ca](http://service-canada.gc.ca) for helpful info on how to get started.

NSCAD looks to teach artists about money

RICHARD WOODBURY  
for Metro Halifax

There's a new course at NSCAD University that doesn't fit in with the traditional courses offered at the school. It's called Financial Management for the Arts and it allows artists to learn about the business side of running arts organizations, artist-run centres and even their own practices.

"It's really about giving arts administrators who may have come through a BFA (Bachelor of Fine Arts) program a real concrete grounding in the nuts and bolts of what it means to be an administrator," says Joann Reynolds-Farmer, the program co-ordinator for the School of Extended Studies at NSCAD.

"BFA's haven't gone through any economics courses or any kind of statistics courses that you would (normally) take in any regular undergraduate degree," she adds. "Most of the focus when you're doing a BFA is the practice of art-making and the concept of art making."

This means students aren't usually well prepared for the business side of things.

"So when you graduate and you go looking for a job, it can lead you to a multitude of areas, but if you end up in artist-run centres or galleries or even just as an artist who is freelancing, you need to know, 'How do I manage my finances? How do I manage fundraising? How do I manage marketing?'" says Reynolds-Farmer.

The course is co-taught between someone who formerly ran an artist-run centre and an accountant.

"The accountant will come in for three of the eight classes and give students the nuts and bolts of what income tax things they need to consider," says Reynolds-Farmer.

Other topics to be explored include grant writing as well as what happens if you get funding from an external agency.

The course is a required one for the school's new Certificate in Arts Administration. Students will have two years to complete six courses.

## Saint Mary's students heading to Belfast schools

RICHARD WOODBURY  
for Metro Halifax

Sixteen Saint Mary's University students heading to Belfast will find themselves in unfamiliar territory.

"There's an acceptable level of violence in Northern Ireland that we would find totally unacceptable, you know pipe bombs a couple times a week, knee-cappings," says Bridget Brownlow, the co-ordinator of the trip, who is also the

conflict resolution adviser at Saint Mary's.

She still finds it shocking to see a city in the United Kingdom divided on the basis of religion, despite having travelled to Belfast four previous times.

It will be an eye-opener for students as well. They will meet children who have never met children from outside of their communities, children whose parents are active in paramilitary groups, as well as children whose parents

have been murdered.

"They're stepping into a post-conflict society, a society where, to the greater degree, a lot of weapons have been decommissioned, but the damage of 40 years of violent conflict is still very much evident," says Brownlow.

The students will be there to visit Catholic, Protestant and integrated schools to offer conflict resolution workshops.

The 16 students participating must apply for the

program and have strong academics, experience working with youth and the trip must have relevance to their area of study.

"The conflict in Northern Ireland allows for students to participate from a wide range of different academic backgrounds," says Brownlow.

Students also have to fundraise close to \$40,000 to participate.

Before leaving for Belfast, the students receive training in basic conflict resolu-

tion skills and have practiced their skills by facilitating workshops at Oxford School.

After the trip, students have to complete a report about the experience.

"Just the act of spending time with the children who were fascinated by the different type of normality that occurred in Canada compared to Northern Ireland deeply affected my outlook," wrote Sarah Louise Horne, a student from last year's trip.

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**Levi is a Playgirl**

Levi Johnston's long-awaited Playgirl cover has finally been released, and the caribou hunter-turned-aspiring model/actor does live up to his promise and appear nude, but with one notable exception: He covers himself below the waist. [PEOPLE.COM](#)

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Music heals a broken heart

ROB MCMAHON  
for Metro Canada

**Contented Valentine's Day**  
lovers get their roses and their chocolates. For everyone else, here are five musical picks to avoid. One Sunday, turn off these tunes — well, aside from one set that's a reminder of Spring sunshine.

**The Rolling Stones: Just My Imagination from Some Girls (1978)** The perfect song for one's first Valentine's Day as a single. This track, the Stones' update of a piece by the Temptations, mirrors that joyful experience's transitional blend of disbelief, distrust and disaffection. Mick Jagger's daydreams of the girls of New York soon crumble against the weight of his own logic, pushed by Keith Richards' stuttering, flanged melody. Who knew a guitar could so effectively unbalance hope?

**The Sound of the Smiths (2008)** This two-and-a-half hour grab-bag of pain — of failed nightclub pickups, imploding relationships and soul-searching — is perfectly embodied in Morrissey's epically hollow delivery. There are no better lyrics to absorb while sitting along in a dark, one-bedroom apartment and eating boxes of chocolate. Key moments: The (emphatically) celibate crooner's classics Hand in Glove, Heaven Knows I'm Miserable Now and How Soon is Now.

**The Magnetic Fields: Mr. Mistletoe from Distortion (2008)** Christmas is over, and you're still alone.

What better way to rekindle the feeling of drifting through the snowy streets, dulled by red, white and green lights and the stings of laughter from happy couples than this gem. Buried deep under a gloomy haze of shoegaze distortion, holiday chimes twinkle and Stephen Merritt's baritone sighs: "Mistletoe is hanging every-

where, but you no longer care".

**Sky: She's Some Kinda Wonderful from Piece of Paradise (1999)** The spring

is coming, the flowers are blooming, and young lovers stroll. You've just eaten a Philly cheesesteak, and processed orange gunk is sitting heavy in your gut. Then a car breezes by, a red convertible. A flash of two bobbing blonde heads, singing a hook in unison: "She's some kinda wonderful,

she makes a mean steak

and she's an eyeful." You run to the nearest shrubbery and unload.

**The Format: Dog Problems (2006)** OK, time to haul those empty pizza boxes and ice cream pails to the garbage and plug the phone back in.

Spring is here, and it's getting boring. Throw on this brilliant indie-pop concept album for a smart, sincere journey from relationship gutter to stars.

Heartbreak and sarcasm — and stories of how dogs can scuttle relationships — have never sounded so damn upbeat.

The Rolling Stones' Mick Jagger.



### Wedding bells



Sacha Baron Cohen and Isla Fisher are seemingly set to marry this month. The couple have reportedly sent out party invites asking guests to keep Feb. 26 free. [FEMALEFIRST.CO.UK](#)



## WEEKLY REWARDS

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Former beauty queen Carrie Prejean is getting married. The ex-Miss California USA and pro football QB Kyle Boller got engaged on Saturday in Prejean's hometown of San Diego, eonline.com has learned. METRO NEWS SERVICES

Prejean engaged

# NFB showcases 3-D films online

Free glasses available for web views

CHRIS ALEXANDER  
for Metro Canada

**With James Cameron's state-of-the-art immersive epic *Avatar* endlessly burning up the box office, it seems that 3-D fever is going to be around for a spell.**

The gloriously gimmicky art of creating dimensional depth from an otherwise flat screen has been with cinema since the early part of the century and has enjoyed two previous feature film renaissances, the first kick started by Arch Oboler's *Bwana Devil* in the 1950's, the second with such split stereoscopic fare as *Jaws* 3-D and *Comin' at Ya* in the early '80s.

Now, even the National Film Board of Canada is jumping on the bandwagon. Currently, the Canadian cinema institution is streaming a host of short, strange, eccentric home-grown works off their website that, with the aid of spe-

cial decoding glasses, creep right off your computer screen and into your lap.

"The NFB has been experimenting with 3-D animation throughout its 70-year history," says Deborah Drisdell, NFB's director general, accessibility and digital enterprises.

"First there were two Genie-

Using the far less sophisticated red and blue "anaglyph" technology (as opposed to the digital polarized systems used in theatres to make *Avatar* literally come to life) to illustrate their illusions,



Facing Champlain is one of the 3-D films available on nfb.ca.

Falling in Love Again, complete

er; Drux Flux, an abstract piece of eerie surrealism whose



## Way to 3-D

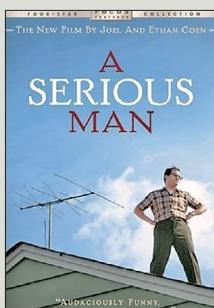
• To view the films, you'll need special colour-coded glasses which will be sent to your home completely free of charge. Log on to nfb.ca/3D for more details about the films and the 3-D process.

some of the 3-D films the NFB is offering include the animated romance

with careening cars and floating clouds thrust at the viewer-

strange, steam-punk illustrations look fantastic in any dimension and Facing Champlain, a gorgeous, impressionist experiment in depth shown in two parts, both exploiting the sensorial impact of 3-D to maximum effect.

## DVD picks



### A Serious Man

Directors: Joel Coen, Ethan Coen

**SURE TO BEFUDLE** casual Coen Brothers fans even as it delights the faithful, *A Serious Man* is a wicked turn into existential absurdity after the straight screwball

antics of *Burn After Reading*.

Set in a 1967 of banal bungalows and sublimated desires, it's suburban Midwestern hell as viewed through the travails of physics professor Larry Gopnik (Michael Stuhlbarg), whose life is vexed by an estranged spouse, snotty kids and a conniving coining.

Resolutely paced, impeccably staged and lensed, it's comedy for people who can laugh at poetic car wrecks, obtuse rabbis, mysterious dental messages and an endlessly drained cyst.

Such people would be Coen fans. But even they might pain their puzzlers over the mystical and violent prologue, set in olden

days and introduced with a proverb about accepting fate, which has nothing to do with Gopnik's bummer Summer of Love. Or does it? One thing is entirely clear.

*A Serious Man* is primo Coens, but it's also something of a private club. If you don't already get these guys, the doors of enlightenment aren't going to suddenly swing open for you now. It may not add up, but it's a living.

Extras include three featurettes: *Becoming Serious*, *Creating 1967* and *Hebrew and Yiddish for Goys*.

### The Time Traveler's Wife

Director: Robert Schwentke  
A FILM THAT belongs to



the realm of romantic fiction where hoochie-coochie meets hocus-pocus.

Eric Bana is Henry, a Chicagoan we meet at age six as he's being magically transported away from a fateful car accident. As

young Henry shivers on the snowy roadside, he's consoled by an older version of himself.

Henry's love interest is Clare (Rachel McAdams) whom he meets as a young girl. Before you can say "chrono displacement," the two have fallen in love.

Bana's and McAdams' performances rise above the shaky material and the film is gorgeous to look at. If you can get past the calendar gymnastics, *The Time Traveler's Wife* works as an affecting allegory of love that persists even when the lover is gone — really gone.

Extras include the featurette *Time Traveler's Wife: Love Beyond Words*. Peter Howell/for Metro Canada

# Jackson's doctor charged

**LEGAL** Michael Jackson's doctor was charged yesterday with involuntary manslaughter, capping an exhaustive investigation into the pop star's stunning death last summer and setting up the prospect of another sensational celebrity courtroom drama.

Dr. Conrad Murray, a cardiologist who was with Jackson when he died June 25 at his rented Los Angeles mansion, is accused of the single felony count in a five-page complaint filed in Superior Court. According to the complaint, Murray "did unlawfully, and without malice, kill Michael Joseph Jackson" by acting "without the caution and circumspection required."

The complaint contains no details on Jackson's death but authorities have said the singer died after Murray administered a powerful general anesthetic and other drugs to help Jackson rest. Murray has said he did nothing that should have caused Jackson to die.

If convicted, he faces up to four years in prison.

Soon after the charge was filed, several members of Jackson's family, including his mother and father; his brothers Jermaine, Randy, and Tito Jackson; and his sister LaToya Jackson arrived at the courthouse adjacent to Los Angeles International Airport.

"Looking for justice," was all Jackson's father, Joe Jackson, said as he walked past a crowd of reporters and into the courthouse.

The charge was expected, and Murray's attorney, Ed Chernoff, said his client planned to surrender to authorities later Monday.

"We'll make bail, we'll plead not guilty and we'll fight like hell," Chernoff said before the charge was filed.

Jackson, 50, hired Murray to be his personal physician as he prepared for a strenuous series of comeback concerts in London. Officials say the singer died after Murray administered the powerful general anesthetic propofol and two other sedatives to get the chronic insomniac to sleep.

THE ASSOCIATED PRESS



**Cyrus auction**

Miley Cyrus is organizing an all-star online auction to help raise money for the Haiti relief effort, according to People. "Ever since the earthquake, I've been trying to do my part to help the people of Haiti — and I wanted to do more," Cyrus said. [TVGUIDE.COM](#)

# Dance pop blueprint

**Yeasayer surprises many by embracing new sound**

**CAM LINDSAY**  
for Metro Canada

If you're listening to the new album by Brooklyn's Yeasayer, and you're second guessing that it's actually them, you're not alone.

"We did an interview with Jon Pareles from the New York Times and he said that when he heard The Children he had to make sure he'd burned the CD right," says multi-instrumentalist Anand Wilder.

Following the relative success the indie band found with the feathery, acoustic jams on their 2007 debut All Hour Cymbals, Wilder and his band-

mates found themselves surrounded by a massive collection of synths in the studio they rented to record the followup. From there, they just improvised.

"The first time around we established this — whether we intended it or not — hippie campfire vibe, this oneness with nature," Wilder explains. "With this one we wanted to push this oneness with machines ... Like what would happen if aliens were picking radio signals from earth for the last hundred years and had to recreate pop music for a museum exhibit?"

It's an unorthodox question but also a fairly accurate description of their



Odd Blood is the new album from Brooklyn's Yeasayer.

appropriately titled second album, Odd Blood. The trio used a blueprint based on dance music's gurgling synths, mechanical polyrhythms and bountiful hooks, leaving the organic feel of their first album behind them.

"I think we were trying to make the whole album full of bangers," Wilder admits. "I don't know if we succeeded, but there was this idea to have an album that's all amazing dance songs. Where if a DJ was spinning and you were like, 'Oh my god, who is this?' And he said, 'It's the same album!' We wanted to make songs that would get people dancing."

Sticking with dance music culture's relationship

with vinyl records, Yeasayer also designed the album to be experienced in two halves. Wilder says the approach was to give the listener options.

"We put these more conventional pop songs to-

wards the beginning of the album so they would butt up against each other; they're all very epic and distinct sounding," he says. "And then the second side opens with this long, unbearable intro and then you're into these short, quick, weird songs."

"I like the idea that you play the first side and you really love all the pop hits, but then you start to get tired of them and you flip it over and you're like, 'Wait a second, this side's a lot more interesting. I like this way more.'

Yeasayer's  
new album  
**Odd Blood** is  
out today

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### critics' corner

#### Style by Jury

Meet Tammy, a single mother who's struggled with a bad marriage, substance abuse and other challenges. She's been clean for eight years now, but she still needs a lot of work on her look if she's going to make a good first impression. It's one of the biggest challenges yet for host Bruce Turner and the rest of the makeover team, but they rise to the occasion beautifully and give Tammy a dramatic transformation in this new episode. 10:30 PM on W



#### The Good Wife

As Alicia (Julianna Margulies) defends a husband accused of murdering a baby sitter, she and her family prepare for the outcome of Peter's (Chris Noth) appeal and his potential homecoming in the new episode "Hi." Christine Baranski, Josh Charles, Archie Panjabi and Matt Czuch also star. James McDaniel ("NYPD Blue") guest stars. 8 PM on CIHF; 11 PM on CBS

#### The Biggest Loser

The contestants head to Colorado to train at an Olympic training facility, where they are welcomed by paralympic athlete Allison Jones and learn the game is going from teams to singles. Olympic skiers Julia Mancuso and Jeret "Speedy" Peterson help train the contestants. After a biathlon challenge, two more players are sent home. Skaters J.R. Celski and Rockne Brubaker also appear. 9 PM on NBC

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Girlicious - Over You											
Young Money Ft Lloyd - Bedrock											
Drake Ft Kevin Cossom - I Get Paper											
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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
29/10	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	Lost "LA X (Part 2)"	Lost "What Kate Does"	the forgotten		
	7	7	ASN	The Road to Avonlea	Degrassi: Next	TMZ (N)	TMZ (N)	Past Life "Pilot" (N)	The Listener			
	11	11	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National	The Hour	
	2	2	CBC-P	Pyramide (SC)	Union-force	Virginie (SC)	La Facture	Provvidence (HDTV) (N) (SC)	Trauma (N) (SC)	Le Téléjournal		
	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS "Jack Knife" (N)	NCIS: Los Angeles (N)	The Good Wife		
	69	69	CFTM	TVA nouvelles	Le Cerle (SC)	La Fievre de la danse (SC)	The Good Wife "Hi" (N)	Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)	TVA nouvelles	
	6	6	CIFH	Entertainment	ET Canada	The Good Wife "Hi" (N)	NCIS "Jack Knife" (N)	NCIS: Los Angeles (N)	News Final (N)	CTV News		
	10	10	ELTV	(6) EastLink Television	Access H.	Law & Order	Podium TV	Lost "What Kate Does"	Community Matters			
	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)	Past Life "Pilot" (N)	Fox First		
	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser	Olympic training facility, (N)	Jay Leno Show		
news	29	29	NW	(6) Power & Politics	Connect Today	Today's biggest stories, (N)		CBC News: The National	fifth estate			
	4	4	PBS-B	PBS NewsHour (N)	Greater Boston	Maria Hinojosa	NOVA (HDTV) (N)	Frontline (N) (DVS)	Frontline			
	35	35	PBS-D	PBS NewsHour (N)	Business Rpt.	Worldfocus	NOVA (HDTV) (N)	A History of Surgery	Frontline (N)			
	68	68	TOS	Guerre clans	Oncle Charlie	Rire et dérire	Dirty Sexy Money (SC)	Pratique privée (SC)	Guerre clans			
	96	96	BNN	Business News	Headline	Market Call Tonight	The Close	Market Call	Squeeze Play	Business News		
	18	18	CNN	(6) The Situation Room With Wolf Blitzer (N)			Campbell Brown (N)	Larry King Live (N)	Cooker 360			
	54	54	GOLF	Golf Central	Play Lessons	Learning	Inside PGA	Golf	Golf	Destination	All Access	Haney Project
	52	52	RSE	Connected W-Prime Time	Overtime	NHL Hockey	Calgary Flames at Ottawa Senators, (HDTV) (Live)	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	55	55	SCOR	After Wrestling	Covers Experts	Cabby Unltd	Score Today	Court Surfing	NBA news, scores and highlights,	The Simpsons	South Park	Jeff Dunham
	45	45	SPD	NASCAR Best	NASCAR Best	Pass Time	NASCAR Hub	Countdown to Daytona	Daytona (HDTV)	Countdown to Daytona (HDTV)	Daytona	
family	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	Interruption	NHL Hockey	Detroit Red Wings at St. Louis Blues, (HDTV) (Live)	Malcolm-Mid.	Hates Chris	Malcolm Mid.
	43	43	FAM	Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	
	26	26	TREE	The Wonder	3rd and Bird	Backyardigans	Night Garden	Malcolm-Mid.	Hates Chris	King of the Hill	American Dad	
	27	27	YTV	iCarly	Drake & Josh	iCarly	Fries That?	8 Simple Rules	Malcolm-Mid.	Hates Chris	King of the Hill	American Dad
	16	16	A&E	The First 48 (HDTV)			Criminal Minds (HDTV)	Malcolm-Mid.	Hates Chris	8 Simple Rules	Malcolm-Mid.	Hates Chris
	70	70	APTN	APTN News	Cooking-Wifm	Fish Out of	Mixed Blessing	Cashin	Rabbit Fall	Malcolm-Mid.	Hates Chris	Malcolm-Mid.
	50	50	BET	106 & Park: BET's Top 10 Live				Bring Down the House ** (2003, Comedy) Steve Martin.	Moive TV	Rez Rides	Malcolm-Mid.	Hates Chris
	37	37	BRVO	Emily of New Moon		Montreal Jazz Festival		Rita MacNeil	Opera Under			
	25	25	CMT	Shaye: This Is It		Amer. Funniest Home Videos		According/Jim	According-Jim	Home Improve.		
variety	49	49	ACM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	
	153	153	COURT	Missing Link Near-death.		The Investigators	Cops Uncut	Dumb Criminal	Struggle for Justice	Investigators		
	38	38	DISC	Destroyed	[Destroyed]	Daily Planet (N)	How It's Made	How It's Made	Destroyed	License to Drill		
	34	48	HGTV	Extreme Makeover: Home	House Hunters	Property Virgin	Million Dollar Listing (N)	Bang, Buck	Genevieve	House Hunters		
	46	46	HIST	Ancients Behaving Badly	Ancient Discoveries		Cities of the Underworld	Pawn Stars (N)	Pawn Stars (N)	Ancients-Badly		
	17	17	MM	Secret Life of American Teen	America's Best Dance Crew	Degrassi: TNG	Degrassi: TNG	My Date With...	Muchmusic Countdown			
	19	19	MMM	mtn10.ca	The Daily Fix	Ranked!		Hammertime	Gimme Sugar	Entourage		
	201	201	M1	(6:35) Amal (2007, Drama)				Milk ***** (2008, Biography)				
	48	23	CLAN	Mantracker								
	51	51	PEACH	Friends	Name Is Earl	Family Guy	Family Guy	Party Mamas	Wedding SOS			
cable variety	206	206	PIX	(6:15) The Bourne Identity (2002)			(8:20) Inferno *** (1999, Suspense)	Law & Order: Special Victims Unit	Ladder 49			
	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes (SC)	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie			
	39	39	SHOW	Trailer Park	Relic Hunter		A Sister's Secret (2009, Suspense)	Alexandra Paul.	Drop-Diva			
	40	40	SLICE	What Happen?	Wedding SOS	Rich Bride Poor Bride	Party Mamas	Party Mamas	Wedding SOS			
	47	47	SPACE	Stargate SG-1	Stargate Atlantis (DVS)	Star Trek: Voyager	Medium (HDTV) (N)	UFC Unleashed	Fringe			
	14	14	SPIKE	CSI: Crime Scene Invstgtn.	UFC Unleashed	UFC Unleashed	UFC Unleashed	UFC Unleashed	Blue Mountain			
	57	98	STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	Dr. Oz Show		
	21	21	TLC	Say Yes-Dress	Say Yes-Dress	Little Couple	Little Couple	Cake Boss	Cake Boss	19 Kids-Count	19 Kids-Count	Little Couple
	56	34	TROPI	End of Leash	Bootcamp	Parking Wars	Parking Wars	Rescue Ink	Dog Whisperer	End of Leash		
	20	20	TV5	Que-champion	Journa de Fr2	Zoom animal	Découvrir le monde					
cable variety	28	28	V	Just Cause "Pilot"	Murder, She Wrote	Hallelujah!	When I Laugh	Quantum Leap (Part 1 of 3)	Unscripted			
	60	97	VIVA	Da Vinci's Inquest	Cold Case		Missing "Delusional"	The Closer "Aftertaste"	Cold Case			
	22	22	WW	House-Sell	House-Sell	Supernanny	Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	Look Good	
	251	251	WGN	WGN Evening News	Two/Half Men	Family Guy	90210 (HDTV)	Melrose Place "Ocean"	WGN News			
	251	251	WGN									

[kidcraig@1013thebounce.com](mailto:kidcraig@1013thebounce.com)

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**That's probably because 80 per cent of you contains polyurethane**  
Eleven weeks after her spate of plastic surgery operations, Heidi Montag admits that the healing process isn't going so well. "I'm very fragile. I'm not in a great place right now," she tells People magazine. METRO WORLD NEWS

## Celebrity Buzz

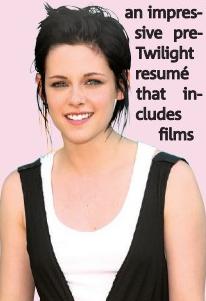
etalk's Lainey Lui dishes out celeb dirt in three's



## Three Talk

with Lainey Lui

**KRISTEN STEWART.** Kristen Stewart is most famous for playing the moaning angsty lovesick girl in love with a vampire in *The Twilight Saga*. Her romance with co-star Robert Pattinson has become an obsession among *Twihards* the world over. Stewart however is a Hollywood veteran with an impressive pre-*Twilight* resumé that includes films



with Jodi Foster and Robert DeNiro. Here are three things you might not know about Kristen Stewart:

**ONE** Her favourite book is John Steinbeck's *East of Eden*. Her dream is to play Kate, a woman who abandons her children to run a brothel.

**TWO** Stewart and Joan Jett are very good friends. Jett has said herself that Stewart's portrayal of her in the upcoming biopic *The Runaways* is impressively uncanny.

**THREE** Stewart landed the role of Bella in *Twilight* on the recommendation of fellow actor Emile Hirsch with whom she worked in Sean Penn's adaption of *Into the Wild*.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.



## Gaga 'saved' by aunt's spirit

**ELECTRO-ANGEL** Lady Gaga was saved from cocaine addiction by the spirit of her dead aunt, femalefirst.co.uk reports. The eccentric star has revealed her life spiraled into a world of heavy drug use in a bid to replicate the lifestyles of her musical idols.

The singer would lock herself in her bedroom and snort "bags and bags" of cocaine for songwriting inspiration when she was starting out, but realized

she was jeopardizing her life when she recalled her aunt Joanne, who died at 19.

Gaga — real name Stefani Joanne Angelina Germanotta — said: "I thought I was going to die. I wanted to be the artists I loved, like Mick Jagger and Andy Warhol, and I thought the only way to do it was to live the lifestyle. My cocaine soundtrack was always The Cure."



I would lock myself in my room and listen to Never Enough on repeat while I did bags and bags of cocaine.

"But then I realized my father's sister Joanne ... had instilled her spirit in me. She was a painter and a poet — and I had a spiritual vision I had to finish her business."

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## Alba and Lohan BFFs?

**THEIR CONVERSATIONS PROBABLY SOUND SOMETHING LIKE BEAKER AND BUNSEN FROM THE MUPPETS** Just shy of her two-year anniversary, Jessica Alba is refuting rumours of a November kissing incident between her husband, Cash Warren, and Lindsay Lohan — and says she doesn't get as worked up about such tabloid "lies" as she used to, people.com reports.

"Lindsay's had to deal with this for so long," Alba, 28, tells the U.K. edition of Cosmopolitan for its March issue. "Everyone has to live their life, and that's what people forget when you're in this business — she's really nice. We hang out and chat for hours about girl stuff."

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## 'Lots of sex' in new Pattinson movie

**AND I'M 100 PER CENT SURE THE PRODUCERS DIDN'T ASK HIM TO DISCUSS THIS AT ALL. NOPE. NOT EVEN ONCE.** Robert Pattinson was nervous about his sex scenes with Uma Thurman in new movie *Bel Ami*, femalefirst.co.uk reports.

The *Twilight* actor gets hot and steamy with the screen beauty in the film but insists it was far from erotic because of the movie's plot.

"The sex scenes with Uma are kind of disturbing," he said. "Her character Madeleine kind of uses sex as a

sort of weapon and my character thinks like an animal.

"There are a lot of sex scenes in this film, so I'm asking quite a lot of myself, and with lots of different people as well."

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## Kardashian reacts to Saints' Superbowl win

## NOW WE CAN ADD FOOTBALL ANALYSIS TO HER IMPRESSIVE LIST OF NON-TALENTS

It turned out to be one Super Sunday for Kim Kardashian and her Super Bowl-winning beau Reggie Bush, of the victorious New Orleans Saints, people.com reports.

"I am so proud of Reggie and the Saints," an overjoyed Kardashian told People. "New Orleans

deserves this — it's such a huge accomplishment."

Kardashian made the Miami trip a family affair, bringing along mom Kris Jenner and brother Robert. The Saints' stunning 31-17 win over the Indianapolis Colts was the perfect ending to a long road that Kardashian witnessed firsthand. "Reggie has waited his whole life for this moment. It came and they conquered."

METRO WORLD NEWS

## Swift 'too tall' to date most guys

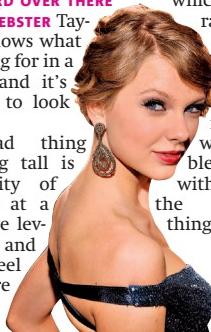
## SEE? SHE'S EVEN MAKING POOR EDWARD OVER THERE

LOOK LIKE WEBSTER Taylor Swift knows what she's looking for in a boyfriend, and it's not having to look down.

"The bad thing about being tall is the majority of people are at a different eye level than you, and so you feel like you're looking

down to talk to people, which is kind of unnatural," the 5'11" singer tells OK! Magazine.

But being shorter than her isn't a deal-breaker, she insists. "Somebody who has a compatible sense of humor with me, that would be the most important thing," Swift says.

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bread

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## Jack's got his burial plotted out

**WHY STOP THERE, JACK? I HEAR THERE'S A VACANCY ON MT. RUSHMORE** Jack Nicholson isn't planning on kicking the bucket anytime soon, but he's already thinking about what he wants to happen to his body once he does.

"I've had several ideas. Once I thought it would be nice to be buried under a large statue that is at least ten meters high," Nicholson tells Germany's *Tele 5*. "Then I liked the nature of the Indians who haul their bodies up into the trees so that they are eaten by the birds." METRO WORLD NEWS

Follow these celebrities on Twitter...

## CelebTweets

**SEAN "DIDDY" COMBS** is tired, **LINDSAY LOHAN** is debunking tabloid reports, **AMANDA BYNES** is trying not to alienate anyone, and **LILY ALLEN** returns to Twitter.

**@iamdiddy** I haven't slept in 78 hrs. I'm going sleep now **@lindsaylohan** I've never asked for a jet. With a bed on board to go to vienna ha-hahahahaha

**@amandabynes** oh dear. now certain people are mad that i said i like chocolate versus vanilla. Vanilla's cool! Don't trip! I'm just really into chocolate

**@lilyroseallen** hello, I'm back.



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WORLD  
NEWS



**Today**  
Flurries  
0° / -7°  
40%

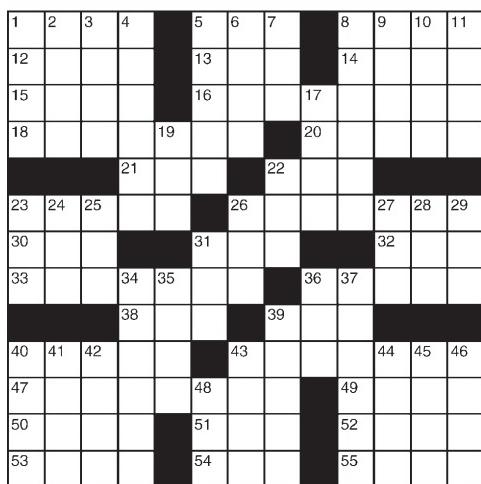
**Wednesday**  
Sunny  
1° / -4°

**Thursday**  
Flurries  
0° / -4°

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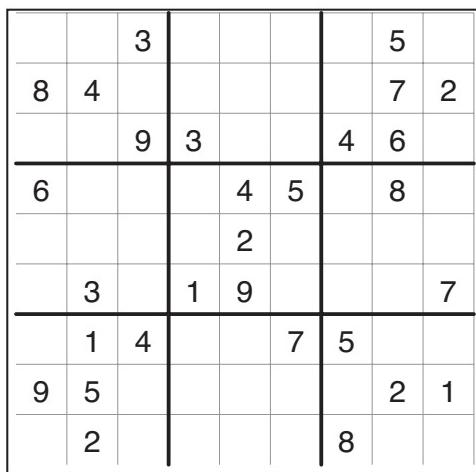


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**Sudoku**

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**ACROSS**

- 1 Annoys  
5 Possess  
8 Engrossed  
12 Minimal change  
13 Actor McBride  
14 Shrek is one  
15 Bloodhound's clue  
16 Rowing team's commander  
18 Harmful  
20 Contract's conditions  
21 Christmas tree, often  
22 Thesaurus wd.  
23 Judge's prop  
26 Steve Martin's take on the Cyrano story  
30 Praise in verse  
31 Whatever number  
32 Scull tool  
33 Blood poisoning  
36 Fencing move  
38 Disember  
39 Corral  
40 41 42  
43  
44 45 46  
47  
48  
49  
50  
51  
52  
53  
54  
55

**DOWN**

- 1 PC picture  
2 Start over  
3 Kentucky fort  
4 Discord  
5 Happen  
6 "Knock, knock. — there?"  
7 Put the kibosh on  
8 Ivanhoe's love  
9 Culture medium  
10 Stiffly neat  
11 Sawbucks

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

GAMS	TIP	ABLE		4	7	5	9	3	1	2	8	6
UTAH	YMA	SEAL		2	3	8	6	7	5	4	1	9
ROSY	MARTIANS			1	6	9	4	8	2	3	7	5
UPKEEP	ENTREE			3	8	2	1	5	4	6	9	7
SPAS	TIS			9	1	7	3	6	8	5	2	4
MARTINIS	SKEW			5	4	6	7	2	9	8	3	1
ICE	CUSPS	LIKE		8	9	1	5	4	3	7	6	2
DEFT	MARTINET			6	5	3	2	1	7	9	4	8
ERA	LIAIR			7	2	4	8	9	6	1	5	3
SPRUNG	TROPIC											
MARTINEZ	NASA											
OPAH	AVE	ITLL										
GALS	WAR	CHEF										

**On the web**

For more games and 60 additional daily cartoon strips, visit metronews.ca

**Horoscopes by Sally Brompton** [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES****MARCH 21-APRIL 20****TAURUS**  
**APRIL 21-MAY 21**

You may be low on enthusiasm at the moment but that's okay because this is a time for calm consideration rather than swift action.

**LIBRA****SEPT 23-OCT 23**

You are who you are and there is no point trying to be someone different. Each sign has its good points and its bad points.

**SCORPIO**  
**OCT 24-NOV 22**

Think deeply about what it is you want from life. According to the planets you can gain subtle insights into what the future has in store.

**GEMINI**  
**MAY 22-JUNE 21**

If one of your more cherished opinions is challenged today, make sure you defend it all the way.

**SAGITTARIUS**  
**NOV 23-DEC 21**

Don't travel too far from your home base today. You may want to be on the move but it won't be as easy as you think.

**CANCER**  
**JUNE 22-JULY 22**

What you hear today may sound negative to begin with, but if you think about it a bit you will find yourself agreeing with much of it.

**CAPRICORN**  
**DEC 22-JAN 20**

You are always concerned about your security and the Sun in Aquarius in recent weeks has heightened the awareness.

**LEO**  
**JULY 23-AUG 23**

Today's cosmic picture means you will be obliged to defend a point of view from an attack you feel is unjustified.

**AQUARIUS**  
**JAN 21-FEB 18**

You know what is going to happen next. You have been through similar scenarios to this one many times in the past.

**VIRGO**  
**AUG 24-SEPT 22**

The one and only thing holding you back is fear, especially fear of the unknown. The way to overcome your fear is to force yourself to confront it.

**PISCES****FEB 19-MARCH 20**

There may be many explanations to what is going on in your world at the moment, but only one of them rings true.

**This day in history**

1943: Second World War: Allied authorities declare Guadalcanal secure after Imperial Japan evacuates its remaining forces from the island, ending the Battle of Guadalcanal.

1950: Second Red Scare: Senator Joseph McCarthy accuses the United States Department of State of being filled with Communists.

1964: The Beatles make their first appearance on The Ed Sullivan Show, performing before a "record-busting" audience of 73 million viewers.

1971: Apollo program: Apollo 14 returns to Earth after the third manned moon landing.

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### Holguin

Sirenis Playa Turquesa • 4★  
All-Inclusive • Superior rm.  
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**\$979**

+Taxes & other fees  
(including service charges): \$213

## DOMINICAN REPUBLIC

### Puerto Plata

Bahia Principe San Juan • 4★  
All-Inclusive • Standard rm.  
Feb. 17 • 1 wk.

**\$939**

+Taxes & other fees  
(including service charges): \$297

### Samana

Gran Bahia Principe  
Cayacoa • 4★  
All-Inclusive • Standard rm.  
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**\$999**

+Taxes & other fees  
(including service charges): \$297

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Norwegian Sun  
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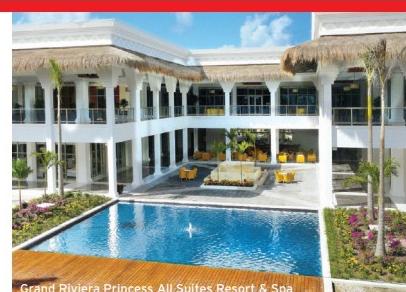
+Taxes & other fees  
(including service charges): \$275

### DOMINICAN REPUBLIC

Punta Cana  
Bavaro Princess All Suites Resort,  
Spa & Casino • 4 1/2★  
All-Inclusive • Suite  
Mar. 6 • 1 wk.

**\$1469**

+Taxes & other fees  
(including service charges): \$297



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